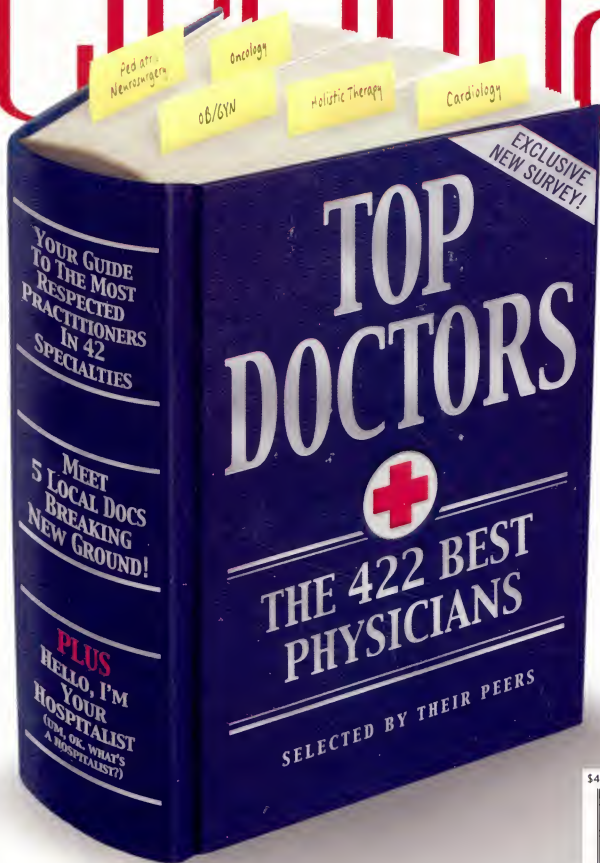


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Making a personal statement is easy and beautiful with the new Rookwood Pottery Company.

The look is classic, early 19th century Rookwood tile, with its distinctive green glaze and hand tooled details. Yet this piece was pulled from a kiln just days ago at the studios of the new Rookwood Pottery Company. The glazing was added just before firing in a process much like that used by the original Rookwood artists more than 100 years ago.

Today, homeowners and builders call on the new Rookwood for more than just tried and true classics.

"We've created a portfolio of products that let people match Rookwood brand quality and craftsmanship to their personal style," says Chris Rose, president of Rookwood. "Many people seek the classic styling of traditional Rookwood, so we offer products in our Heritage Collection that feature the traditional glazes and designs.

"Rose is quick to point out that Rookwood isn't just about living in the past. "While some people love the look of the past, others want to push the boundaries a little. The Rookwood brand offers tile ideas for them as well in our Modern Classics Collection. There really is something for every taste. We think that's a critical step in making each design solution special." What appealed to homeowners years ago was the fact that they could choose off-the-shelf Rookwood or select custom pieces and still have the handcrafted touch of true artisans. That could be said of today's discriminating home buyers as well.

While the new Rookwood Pottery Company brand focuses their attention on entryways, kitchen backsplashes, fireplace mantels and surrounds as well as custom installations, they are also making a name for themselves with exclusive art pottery.

*"We're here
to help people
bring their own
style to life in ways
that are personal
and unique."*

Rookwood has created specialty awards for the City of Cincinnati, Deloitte & Touche, and a commemorative plaque for Fountain Square in downtown Cincinnati. Recently the company created a custom, limited edition stein for Bockfest. A first edition stein fetched \$2,000 at the Germania Society public auction.



Craftsman Gary Simon adds details to Rookwood's Bockfest stein. A first edition stein recently sold for \$2,000 at the Germania Society auction.



Details from a kitchen design for the new One River Plaza condominium project show the rich texture and contemporary beauty of Rookwood tile.

"The Rookwood brand stands for exceptional craftsmanship and quality in art and architectural pottery," says Rose. "We're here to help people bring their own style to life in ways that are personal and unique." To find out more about the new Rookwood Pottery Company, visit their Web site at www.rookwoodcompany.com, or call them directly at their Cincinnati office and studios at 513-381-2510.



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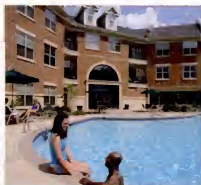
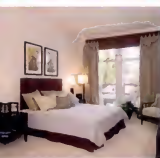
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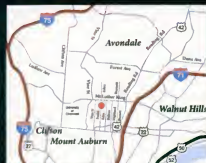
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COVER STORY
98

TOP DOCTORS

Help! Quick! Is there a kind, accomplished, widely regarded doctor in the house? We've profiled five doctors of distinction who pack innovation, creativity, skill, and dedication in their little black bags. Want more? Check out our list of their talented colleagues—422 in all—selected by more than 5,000 of their peers in our exclusive survey.

BY KATHLEEN DOANE

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DR. EVERYTHING

Make way for the hospitalist! In a world of specialties, sub-specialties, and sub-sub-specialties, he's a 21st century doc of all trades.

BY MELISSA DAVIS HALLER

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THE FURBALL
YELLS AGAIN

Robid sports talk radio host Andy Furman, summarily booted from WLW, has a new gig, a new station, and more reasons to rant. So what was all the fuss about?

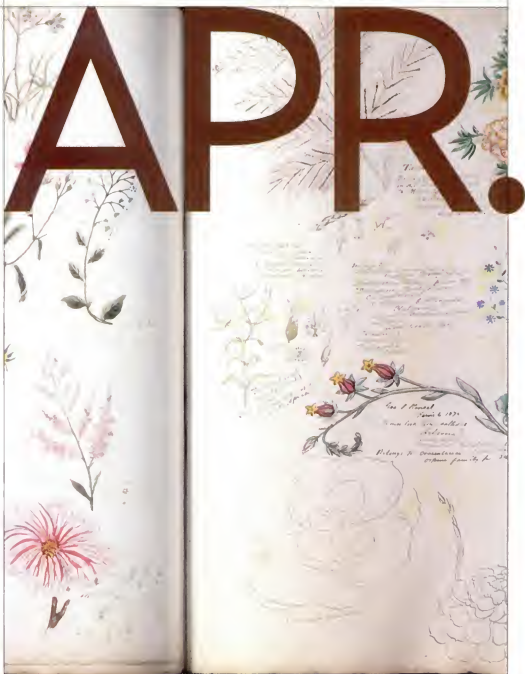
BY IAN ALDRICH

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A LIFE IN DEATH

As the city's foremost fertility specialist, O'dell Owens brought babies into the world. Now he's the coroner, presiding over scenes of horror, grief, and loss. But his real mission remains life, not death, as he delivers the cold, hard facts about the violence that's bloodying our streets.

BY KATHY Y. WILSON

112 THE SECRET LIFE
OF PLANT BOOKS

Lush lilies, dewy violets, bugs, blooms, and "most esteemed fruits." It's always spring in the Cornelius J. Hauck botanical book collection. A rare look at a cornucopia of treasures from inside the Cincinnati Museum Center.

BY LINDA VACCARIELLO

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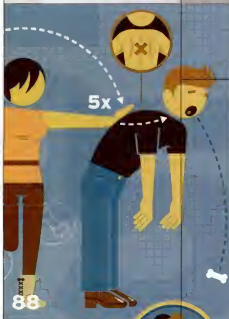
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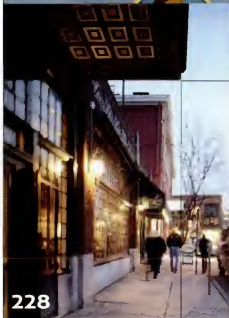
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Discover recent innovations that are improving the process

[of heart attack care.](#) **Page 49**

Home & Garden: Green Homes

We'll show you the latest in earth-friendly products and procedures. Preview the Civic Garden Center's new green roof project, and learn some local residents' tricks for saving the earth one step at a time.

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Senior Living

[Make the most of local resources to prepare for the next stage of life.](#) **Page 186**

Travel: Hawaii

[An expert on Hawaii helps you pick the perfect island.](#) **Page 254**

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JAY
STOWE

A short emergency room story. Once, when I was in college, I dropped a large metal fire extinguisher on my foot and broke my big toe. I won't get into the rationale behind this bonehead move except to say that, yes, alcohol was involved and, no, there was not a fire. (In my defense, I will say that I was wearing a jacket and tie when it happened. The lesson? When injuring yourself in an embarrassing way, always dress for the occasion.) After a quick inspection by my pre-med roommate, it was determined that I should go to the hospital, which I gladly did. After an incredibly short wait, especially for a Friday evening in a university hospital emergency room, I was put on a gurney. They X-rayed my foot, confirmed the break, then wheeled me into a room where a doctor took out the biggest syringe I've ever seen and pumped my toe full of some kind of -caine so he could root around and make sure the tendon had not been severed. The needle felt like it went clear through my foot. Whatever was in that syringe immediately made it go numb, cold even. I gripped the steel bars on the side of the gurney, looked up at the ceiling and muttered, "I will never touch a fire extinguisher again."

You don't easily forget that kind of pain, or the quasi-alien environment you're suddenly thrust into when you pay a visit to an emergency room. If things go well, the rest of the treatment blends into a fading memory of pills, perhaps a little physical therapy, and in my case, having to hobble around in a wooden "shoe" for five weeks. If things do not go well, you've got more than pain to remember. One need only turn on the news to hear about the inexcusably shoddy treatment some of our servicemen and -women have been subjected to at Walter Reed Army Medical Center in Washington, D.C., to realize how bad it can get.

Or maybe you've lived your own medical nightmare. If you're healthy, or just lucky, you may have avoided such experiences. Unfortunately, sooner or later, most of us have to make a trip to the doctor to deal with something serious. Staying healthy is not always easy or fun, but it doesn't have to be unpleasant. Which is, in part, why we put together our Top Doctors issue. This year, rather than use an outside source to create our list, we decided to do our own survey. We sent questionnaires to more than 5,000 area doctors, asking them one simple question: Whom would you turn to if you, a family member, or a friend needed medical attention? The response we got was tremendous: 422 local physicians recommended in 42 specialties (see page 98 for the full report). It's the biggest list we've ever had, and we're particularly proud that we were able to generate it locally and organically. We hope you don't have to use it, but if you do, we hope it helps.

One final note: As this issue went to press, we learned that *Cincinnati Magazine* had received a National Magazine Award nomination for Kathy Y. Wilson's profile of WLW talk show host and putative "great American" Bill Cunningham, which ran last November. We are extremely proud of Kathy and honored to be going up against *National Geographic*, *New York Magazine*, *The New Yorker*, and *Vanity Fair* for this award. ●



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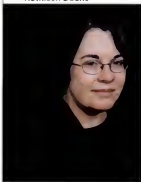
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Kathleen Doane



Senior Editor **KATHLEEN DOANE** spearheaded this year's version of "Top Doctors" (page 98). Our exclusive survey of local physicians garnered recommendations for more than 400 stellar doctors in 42 specialties. Doane takes

a closer look at five local docs, including a headache specialist and an internist with a holistic approach to medical care. "The best part of the project for me was interviewing them," she says. "They're doing such interesting and important work."

Larry Nager



A Madisonville resident might seem like an odd choice to write Southern Exposure, our column on Northern Kentucky, but as the former news editor for *The Sunday Chatter*, **LARRY NAGER** has spent plenty of time across the river. "It was my full-time job to cover the region," he says. "I used to say, 'I sleep in Ohio, but I live in Northern Kentucky.'" This month, he revisits a series of interviews he conducted with a notorious mob hit-man-cum-barber before he passed away (page 82).

In "The Secret Life of Plant Books" (page 112), **RYAN KURTZ** turns his lens on the Hauck Botanical Collection at the Cincinnati Museum Center, while Executive Editor **LINDA VACCARIELLO** tells the stories behind the books. "I think the books are fascinating because they show how scientific knowledge progressed through the centuries," Vaccariello says. Like the 18th-century guide to medicinal plants created by an artist in order to free her physician husband from debtors' prison? "Some of them also have terrific backstories."

Photographer **DARNELL WILBURN** likes to get to know his subject before pressing the shutter button, and this month he turns his perceptive lens on Dr. Steve Beerman ("Dr. Everything," page 108). "I'm digging to find out the personality of that person so I can better capture a realistic portrait," he says. "When you're successful, the image speaks volumes." Wilburn, whose work has been featured in *Ohio Magazine* and *Inside Business*, lives in Avondale.

Darnell Wilburn





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FEEDBACK

FROM OUR READERS



You scolded us for sending you the wrong covers. You pointed out our mistakes. You opened up and told us how you really feel about Nancy Zimpher. Thanks to February's UC/XU cover story, our mailbox has never been more full. Here's a sampling.

UC vs. XU: The Rematch

As a proud XU alum, I was extremely disappointed to receive my copy of *Cincinnati Magazine* with the cover stating "Why UC Beats XU Hands Down" [February]. Of course, upon opening it, I realized that there are covers for us XU people as well. Can I trade in my magazine with the ugly picture of a Bearcat and Ms. Zimpher for the Musketeer with Father Graham?

JULIE STEWART
Deer Park



When I saw the February issue, I couldn't believe it. Why would you put XU on the cover and ignore the best university in the city? Then when I was in Kroger, I noticed that all the issues had UC on the cover. Upon closer investigation, I learned you had two versions. I have three degrees from UC and I am a professor there. My wife also graduated from UC and our dog has a collar with UC colors. And yet you chose to send the Xavier issue to us. What insane logic made you think we would want that one? Was our zip code responsible, was it done randomly, or was it some cruel joke? I want the good one. Please send me the UC cover. I would return the Xavier one, but our dog ate it and it made him sick!

TOM, MARSIE, AND NIPPER NEWBOLD
Highland Heights

Editor's note: Obviously, it was a cruel joke.

I suppose about 500 people have already pointed this out, but in case they haven't, your article on UC and Xavier had a mistake about the stadiums at UC ["Destination Hook-up," February]. You confused Schott Stadium, the baseball field, and Nippert Stadium, the football field. I'm sure there is no 50-yard line at Schott Stadium, and you can't get to first base at Nippert.

BRUCE STOECKLIN
Amberley Village

I was thrilled to read the spotlight on Father Michael Graham, S.J. I knew Mike, lo these many years ago, when I was a history major at Xavier and he was just a lowly, albeit fabulous, associate professor. It's plain to see that even after 15 years and a major promotion,

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Writer Kathy Y. Wilson
talks about her
profile of **HAMILTON**
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O'DELL OWENS in this
month's issue.

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Renee Schuler, Eat Well

Cole Armes, Embers

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Karen Crawford, Jean-Robert at Pigall's

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Midwest Culinary Institute

Will Wadsworth, Mitchell's Fish Market

Masashi Nishizume, Miyoshi

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Todd Kelly, Orchids at Palm Court

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Alan Neace, Summit at MCI

Romuald Jung, The Palace

Thom Milliken, The Polo Grille

Mark Eggerding, US Foodservice

Victor "Vito" Clepiel, Vito's Cafe

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FEEDBACK

Mike is still just Mike, working hard at doing what he loves and an invaluable asset not only to Xavier but to the entire Greater Cincinnati community. He's just one of the many reasons to be proud of my alma mater. Thanks so much for showing the world what an amazing place Xavier University is to live, learn, and grow, and what a tremendous job Mike Graham does as its president.

ERIN NOLL HALOVANIC
Mt. Washington

I received my issue of *Cincinnati Magazine* and was appalled to see Nancy Zimpher on the cover. This is a slap in the face to all UC fans. She does not care about Bearcat pride. She only cares about her own image. I agree that UC does look great, but Nancy didn't do that. That was all made possible by the money that Bob Huggins brought in to the school with his basketball program. As far as I am concerned, the only thing that Nancy has done is raise tuition. I'm a UC alumna, as are most of my family, and we have vowed not to give another dime to UC until Nancy is gone and they hire a president who cares for the students.

EMILY MEUTSCH
Maineville

Correction

In "War Stories: The Spouse" [March], Megan Ardizzone's name was spelled incorrectly.

It's Just Mail, Man

No one was spared from the uproar that February's split covers caused, including the good men and women of the United States Postal Service. Mailman Bill X—we're withholding his last name to protect his privacy—ran into a few upset UC and XU fans on his route. Here's an excerpt from his eyewitness account. (To read the full story, go to www.cincinnatimagazine.com.)

AS TOLD TO LINDSAY GILBERT

We have quite a few UC graduates at the post office, and a lot of them do not like Nancy Zimpher. All of a sudden, I hear this: "What the hell is she doing hugging the Bearcat?" Then they started seeing the Xavier covers: "Oh my God, look at this." I thought, "Just wait until we get out on the street." On my route I have probably 25 or 30 houses that are either doctors or lawyers or executives, and almost all of them are graduates from UC, though I think I also have a couple Xavier graduates, too. A UC graduate would come out, and I'd hand them a magazine with the cover "Why XU Beats UC Hands Down" on it, and they would be like, "What the heck is this? This is ridiculous! I can't have this." I told them that every other one was either UC or Xavier, and they should walk down the street and see if their neighbors wanted to trade. The response then was, "Forget that." A few of them were really big UC graduates and fans or boosters, and when they got the Xavier cover, they were really upset. That went on for a couple days. It was interesting, to say the least!

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THE INSIDER'S GUIDE TO THE QUEEN CITY

BEAN TOWN

Photographer Deogracias Lerma feels a great deal of affection toward Kaldi's (this page), Sitwell's (opposite, top right), and Highland Coffee House (remainder). "People love Starbucks—myself included," he says. "But these coffee shops offer something more: The cool, bohemian vibe of their neighborhood."

EDITED BY IAN ALDRICH & AMANDA BOYD



This morning, Thom Brennaman shoveled snow for the first time in 12 years. His wife Polly, an Arizona native, expected snow—just not this much. Ella Mae, his 3½-year-old daughter, is familiar with the soft, feathery snow that falls on Sedona, but this is her younger brother Luke's first winter. He's 2, and he's excited. It's safe to say, however, that no one in the Brennaman household is more excited than Thom himself. It may be a dreary February day, but when he arrives at the Mariemont Starbucks, wearing a zip-up wool sweater emblazoned with the Ohio University logo, well-worn jeans, and soggy steel toed boots, Thom Brennaman looks like a man who's exactly where he wants to be.

At 43, Brennaman is a brand name, and not just because his dad is Marty Brennaman, the Hall of Fame announcer. Brennaman grew up in Cincinnati, oblivious to his dad's emerging destiny as the voice of the Cincinnati Reds, and got his start on college radio at Ohio University. From there, he soared through the ranks: Channel 5 sports anchor and Reds play-by-play commentator alongside Johnny Bench in the 1980s; Chicago Cubs announcer in the early 1990s; and then onto the Arizona Diamondbacks in 1995, the same year he began announcing Major League Baseball and NFL games for Fox Sports. Last year, Fox made him the lead play-by-play announcer for college football's Bowl Championship Series. But the big news in 2006 came on October 3, when Reds owner Bob Castellini announced that Brennaman would be coming back to Cincinnati to call Reds games with his dad.

"When I think about doing spring training games for the Cincinnati Reds..." Brennaman says. Then he pauses. "...I can't believe it's happening." Even with his voice on "low" and a little hard to hear against the roar of coffee grinders, his delivery is pitch-perfect. ►►



HOME BOY

Thom Brennaman is glad to be back in his hometown.

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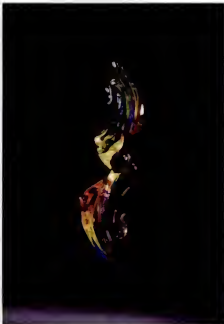
"You know, the best thing in the world is to do something you love, and I've got that," Brennaman says. "But the even better thing is to be able to do what you love in a city you love, that's great for your family. It just so happened that everything came together, and I'm just thankful that it did." Just another son of Cincinnati, home at last. • MATT BERGANTINO

Weighing in on what the Queen City tosses out.

In honor of Earth Day (April 22), we decided to lift the lid on Cincinnati's collective trash bin. Rumpke's repository in Colerain Township—and the trucks that service it—has seen it all since opening its gates in 1945. In terms of pure tonnage and some downright unusual refuse, the numbers tell the tale. **• GREG POLLARO**

Known as Mt. Rumpke, the landfill's peak is one of the highest points in Hamilton County, though it's probably not one you'd want to climb.





photographs by Edward Hays

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THREE-WAY

HIP TIPS AND TIDBITS
FOR APRIL

1 TEACHER, TEACHER

Teachers who have descended into survival mode, just hoping to recharge your batteries over the spring or summer break, take heart. Longtime Cincinnati Magazine contributor Coleen Armstrong's second book, *The Truth About Teaching: What I Wish the Veterans Had Told Me* (Inspiring Teachers Publishing, \$12.95), is full of advice on how to handle everything from schoolhouse politics to bathroom breaks, all drawn from Armstrong's three decades in the classroom.



The Truth About Teaching: What I Wish the Veterans Had Told Me (Inspiring Teachers Publishing, \$12.95), is full of advice on how to handle everything from schoolhouse politics to bathroom breaks, all drawn from Armstrong's three decades in the classroom.

2 PLUGGED IN

High-tech meets low-hassle at **Opentable.com**, a Web-based restaurant directory that allows Queen City diners to make reservations at more than a dozen local restaurants, from Jeff Ruby's Steakhouse to Pho Paris.

3 BE THE BALL

If the thought of having your golf swing digitally recorded and compared frame-by-frame to the pros doesn't scare you, then stop by the recently opened **GolfTEC** at 600 Vine St. The shop focuses on high-tech swing analysis (which can help you shake the rust off your game) and lessons, but also offers equipment and club fittings.

intersection

AUGUSTA, KY.

Riverside Dr. & Main St.

For those who label the pace of life in the Queen City fast, Augusta, Kentucky, offers something considerably slower. More likely to flout its famous connection to Miss America 2000 Heather French Henry (born here) than its association with America's favorite bachelor George Clooney (grew up here), this sleepy little town seems half a world, and half a century, away.

Settled along the banks of the Ohio River, Augusta has an undeniable country charm about it. Take **SIMPLY UNIQUE** (115 W. Riverside). Celebrating its first full year in business, the shop stocks a plethora of Kentucky-made products—from pottery and jams to knitware and alpaca yarn—as well as oddities like Smencils, gourmet scented pencils that come in “flavors” such as grape, root beer, and hazelnut latte. “Just about every smell you can think of,” says co-owner Rosie Wolfe. They also sell a full line of candies from Augusta-based Marie's Fine Chocolates, including the devilishly delectable tangerine dream puff.

Next door you'll find the **BEEHIVE TAVERN** (101 W. Riverside). Housed in a building constructed in 1796, the restaurant boasts a unique parlor-room atmosphere with arched doorways, fireplaces, and low chandeliers alongside wonderfully mismatched antique furniture. Here owner and head chef Luciano Moral offers an inspired blend of Cuban, Cajun, and Italian cuisine with favorites like Cuban roast pork and Caribbean seafood gumbo. The menu changes every three to four weeks but if you time it right, you can order the Espresso Cheesecake, which is guaranteed to provide both a sugar and a caffeine fix.

If you miss the cheesecake, make a beeline for **THE AUGUSTA GENERAL STORE** (109 Main) where you can pull up a stool at the old-fashioned ice cream counter

for the best slice of \$2.25 chocolate pie you've ever tasted, according to the locals. Once used as a hardware store and now something of an Augusta institution, the establishment is part restaurant, part antique store, and part University of Kentucky basketball fan gear boutique, with more than its fair share of kitschy country decor (think rooster-themed dinner plates and embroidered cat pillows). If you can, visit on a night when the General Store is hosting one of its bluegrass concerts—Pat Fegan and the AA Bluegrass Band have headlined.

For an equally authentic yet totally different taste of Augusta, take a stroll through the **AUGUSTA ART GUILD GALLERY** (116 Main) for a sampling of local fine art and handicrafts. Featuring the work of Augusta-based painters such as Ron Bloom and Marilyn Lustik, as well as some original paintings from watercolorists Samuel Ruder and Barbara Clarke, the Art Guild Gallery offers a totally unpretentious gallery experience, perfect for an after-pie perusal. Consider it a great way to round out your out-of-city experience, even if you don't run into George.

—AMANDA WHEELER



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MEET THE PRO >> He may not be an M.D., but Steve King is a financial physician. As a certified financial planner with Financial Legacy Group in Blue Ash, King and his partner, Joe Richmond, prescribe investment strategies for their clients. "Anyone can invest your money, but not everyone can be your partner over the next 25 years," says King. "We strive to be a proactive lifelong advisor."

SKILL SET >> When shopping for a financial advisor, communication is key. "You think if you're good with a spreadsheet and good with numbers, you can communicate," says King, who feels that people are as important as portfolios. "Investing by yourself, it can be

very difficult to not invest emotionally. If people work with an advisor they can avoid a lot of that."

PERSONAL BEST >> One client, who'd been disabled, had difficulty extracting funds from his employer's retirement plan. After some digging, King discovered that the client could take money from his profit-sharing plan and roll it into an IRA. "He and his wife were able to build the house they wanted. They're enjoying his profit-sharing plan while they're still able to," he says.

ABOVE AND BEYOND >> As consumers get more savvy about their finances, competition for business increases. As King sees it, he's not competing against other planners: "I'm competing against people procrastinating and doing nothing. Maybe they haven't set up a will in 25 years or they haven't addressed a health power of attorney. They don't know how to address this nagging doubt that things aren't settled in their financial lives. In the end, they feel so much more empowered [when they do]." • ALYSSA BRANDT

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Stitching City

Explore the fiber arts and more with a trip to Paducah, Kentucky—a.k.a. Quilt City, U.S.A.

Spend any time at all walking through downtown Paducah, and you quickly realize that this southwestern Kentucky town is loaded with artists. The Lowertown Arts District, a neighborhood near the confluence of the Ohio and Tennessee rivers, is home to more than 70 of them. They've moved to Paducah from all around the world in the past seven years thanks to the city's artist relocation program, which provides enticing financial incentives for those who move into, and therefore revitalize, this once-blighted area near downtown. In a 10-minute walk, I count more than 25 studios, many housed in beautifully restored Victorian-era structures listed on the National Register of Historic Places.

One of the newly minted locals is Caryl Bryer Fallert, an internationally recognized quilter who relocated to Paducah in 2005 from northern Illinois. Her Bryerpatch Studio, a hybrid gallery-workshop-home, is in a colonial-style structure that she designed herself. With its 21-foot ceilings, upstairs guest rooms, and 900-square-foot classroom/gallery on the first floor—"which is the largest size of room the earthquake police will let you build," Fallert says—it's perfect for holding quilting workshops and hosting visiting artists, both of which she plans to do later this year.

The 60-year-old Fallert, who in 2000 was selected as one of the 30 most influential quilters in the world by *Quilters Newsletter Magazine*, can't say enough about this charming river town. "I'm a born-and-bred Yankee, and I never thought I'd be living south of the Ohio," she says, brushing back a wisp of her perfectly coiffed, wavy red hair. "The financial incentive was great, but the real bonus is the people here; they're the finest I've ever met. The

locals have been so accepting. It's so much more than a neighborhood. Here, we're family."

As if on cue, several Paducahns pop in during my tour of Fallert's home, including a neighborhood quilting friend, who bubbles over with excitement about her upcoming trip to a New York quilting festival this summer. The two women couldn't be living in a more serendipitous place: Not only are they within walking distance of an independent film theatre, an array of good restaurants, and the Yeiser Art Center, they're also close to several fabric shops and the Museum of the American Quilter's Society (MAQS), the largest quilt museum in the world.



BY JENNY WOHLFARTH

PHOTOGRAPHS BY LEMOS PHOTOGRAPHY

SEW GOOD

A circa 1840 Rose of Sharon quilt at the Museum of the American Quilter's Society (opposite); one contemporary piece pays tribute to the Beatles (note the yellow submarine, left); a replica of the Delta Queen, at the River Heritage Museum (above).



ITINERARY

TRIP PLANNING DETAILS

1 Museum Info

Museum of the American Quilter's Society, 215 Jefferson St., Paducah, (270) 442-8856, www.quiltmuseum.org.

Admission: adults \$8, students and seniors \$6, kids under 12 free. Open Mon–Sat 10 am–5 pm and Sun (April–Oct) 11–5. Closed major holidays.

2 Studios and Shops

Caryl Bryer Fallert's Bryerpatch Studio, 502 N. Fifth St., Paducah, (270) 444-8040, www.bryerpatch.com (open by appointment only). Numerous quilt and fabric shops in the neighborhood include **The Guild**, 420 Broadway, Paducah, (270) 538-0475, www.theguildllc.com.

3 Dining Time

Tribeca Mexican Cuisine, 127 Market House Square, Paducah, (800) 264-5607, www.tribeca-restaurant.net. Good Mexican grub, a casual atmosphere, and a lively waitstaff. Most dinner entrees are under \$10. Open Tues–Fri 11 am–3 pm and 5–9 pm, Sat noon–9 pm.

4 Stay for Some Shut-Eye

Rosewood Inn Bed and Breakfast, 2740 S. Friendship Rd., Paducah, (800) 548-3840, www.bbonline.com/ky. Rosewood's barely a 10-minute drive from downtown Paducah and offers a quiet country setting. Innkeepers Bob and Nancy Platt make the place feel homey, and rooms are a steal at \$97–\$135.

5 Local Lore

River Heritage Museum, 117 S. Water St., Paducah, (270) 575-9958, www.riverheritagemuseum.org. Located in the city's oldest surviving antebellum structure, overlooking the confluence of the Tennessee and Ohio rivers. Open Mon–Sat 9:30 am–5 pm and Sun (April–Nov) 1–5 pm. Admission: adults \$5, kids under 12 \$3.

I'm headed to the MAQS myself, but on the way I'm checking out those fabric shops. At The Guild, a multi-room mecca for quilters and sewing buffs, I meet owner Tina Baker, who has lived in Paducah for 16 years. Four years ago, she and her husband, Paul, opened their shop to house nearly 5,000 bolts of fabric, literally stacked floor to ceiling. The inventory includes reproductions of vintage fabrics from the 1780s to the 1940s, which make up roughly 45 percent of the store's fabric selections. I'm surprised that more than one fabric shop can survive in such a small geographical area, but Baker says it's a testament to the thriving quilting culture in Paducah.

"Oh, this place is a quilting *utopia*," Baker says, emphasizing the word with enormous conviction. "And if you come back in April, you'll see why." She's talking about the American Quilter's Society Quilt Show and Contest, an annual festival that draws 35,000 visitors. This year, the 23rd annual show is April 25–28, and area hotel rooms have been booked for months. Everybody in Paducah tells me I absolutely *must* come back in April to experience this event, and true to Paducah's warm reputation, nearly all of them invite me to stay in their own homes if I do.

By the time I reach the MAQS, I'm considerably more quilt-savvy than I was just hours ago, and I'm eager to see the pieces of art that put this town on the map. The museum owns upwards of



QUITE A YARN Knitters can stock up at The Guild (below); hungry visitors refuel at Tribeca (above).

240 quilts, half of which are displayed in three permanent galleries, with rotating exhibitions every six months. Each year that collection grows when winners of the AQS Show gift their winning pieces to the museum.

In the main gallery, I immediately recognize one of Caryl Bryer Fallert's quilts. The vibrant hues of her hand-dyed fabrics and the swooping, curvy forms of her organic designs are impossible to miss.

But it's not just the professional quilts that charm me. My favorite exhibit is a display of winning pieces from the 2007 School Block Challenge. The 279 children who entered the contest—collaborating on 59 entries from eight states—filled their colorful designs with images of ponies, dogs, rockets, elves, flowers, pumpkins, and teddy bears. The winning entry in the kindergarten through fourth-grade category, titled "What? No Pluto!," portrays the planets in orbit and was created by a local Brownie troop. I can't help but speculate on the young artists' futures. Perhaps some of them will pursue careers in the art form celebrated right here in their own backyard. ☺



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Michael Petersen, MD, PhD • Robert Foster, MD
Stewart Krug, MD • Lawrence Raymond, MD
(left to right)

APR.

CALENDAR

CINCINNATI MAGAZINE



OUT OF TOWN

Blonde Ambition

It goes without saying that Marilyn Monroe's voluptuous frame and breathy voice are burned onto the American psyche for all eternity. So there's no better way to mark the permanence of the bombshell than **MARILYN MONROE: LIFE AS A LEGEND**. From sculptures to fashion photography, the exhibition puts 144 pieces from more than 90 artists on display, depicting the movie star in all her glory. Check out Monroe's infamous *Blondie* photo as well as stills from films like *The Misfits* and *The Seven Year Itch*. It's guaranteed to be more Marilyn than you can handle. • ALAN D. LITTLE

 OPENTHROUGH
 4.28.07

BY Admission: \$7-\$14. Dayton Art Institute, 456 Belmont Park N., Dayton, (937) 223-5277. Check www.daytonartinstitute.org for hours.

APR.

AGENDA

10 things you gotta do this month

EDITED BY APRIL D. DUFF



1 BATTER UP! Hope springs eternal when the Reds host former manager Lou Piniella, now helming the Chicago Cubs, on **Opening Day**. During the off-season the Reds overhauled the bullpen and improved the defense, but will the moves spark a winning season? Come out and see. At 2:10 pm. Great American Ball Park, 100 Main St., downtown, (513) 765-7000. April 2

2 TAKE ONE The four-day **Oxford International Film Festival** features independent works from around the globe, including Jon Gustafsson's *Wroth of Gods*. The documentary follows the making of the film *Beowulf & Grendel* under conditions that would have tried the king of the Geats himself. \$25-\$50. Marcum Conference Center, Miami University. Check www.oxfordfilms.com for info. April 5-8



3 GRAPHIC ARTS Local artist/writer David Mack shows you the comic book ropes during "Graphic Storytelling," a session in the series **Art:21—A Cincinnati Five-Way**, a program that introduces novices to contemporary art. The NKU grad is the creator of Marvel Comics' Kobuki, which tells the dark story of a Japanese government-sanctioned assassin. Archie & Friends this is not. At 2 pm. Public Library of Cincinnati and Hamilton County, 800 Vine St., downtown, (513) 369-6955. April 7

4 SWEET HARMONY If you are awestruck by a capella, don't miss the annual **Sweet Adelines East Central Regional Convention & Competition**. The event features women's quartets and choruses, such as the new Cincinnati Sound Chorus, battling harmoniously for the regional title. \$25. Fri & Sat 1 pm. Northern Kentucky Convention Center, 1 W. RiverCenter Blvd., Covington, (859) 261-1500. April 20 & 21

5 SECOND CHANCE Some of comedy's biggest stars have put in time with improv ensemble **The Second City**. Check out the touring troupe and spot the next big thing. \$35. At 8 pm. The Corneille Visual + Performing Arts Center, 1028 Scott St., Covington, (859) 491-2030. April 14

6 ELEMENTARY, MY DEAR **Sherlock Holmes: The Final Adventure**, at Playhouse in the Park, finds the world's most famous detective hot on the trail of his archenemy, the evil Professor Moriarty, and just plain hot for a beautiful opera singer. \$34.50-\$50.50. 962 Mt. Adams Circle, Mt. Adams. Call (513) 421-3888 for times. **Opens April 24**

7 RED ALERT A classic fairy tale takes a different turn in the Cincinnati Opera's adaptation of **Little Red Riding Hood**, in which the energetic Red and a comical wolf join forces to teach good health and safety. \$3. 10:30 am & 1:30 pm. Memorial Hall, 1225 Elm St., Over-the-Rhine, (513) 241-2742. April 28



8 CLASSICAL INDIE Hear the quirky geography-based anthems of **Sufjan Stevens** with a string quartet at the **Music Now Festival**. Stevens is one of many artists fusing modern and classical music for this showcase of highbrow rock. Weekend pass \$60. Memorial Hall, 1225 Elm St., Over-the-Rhine. Check www.musicnowfestival.org for more info. April 5-7



9 LITTLE BLUE GIRL A female trumpeter with classical training is rare, but **Alison Balsom** blows her horn with the Cincinnati Symphony Orchestra, performing some of the great trumpet-focused concertos. \$18.50-\$95. Fri 11 am, Sat 8 pm, Sun 3 pm. 1241 Elm St., Over-the-Rhine, (513) 381-3300. April 27-29

10 DART ART Explore Abstract Expressionism at the Cincinnati Art Museum during **Transparent Reflections**. This retrospective shows off 50 years' worth of Richard Pousette-Dart's drawings, paintings, and oil sketches. 953 Eden Park Dr., Eden Park, (513) 721-2787. Check www.cincinnatiartmuseum.org for hours. Thru April 29



PHOTO COURTESY OF THE CINCINNATI REDS / BALSOM PHOTO BY DENNY RENSHAW / POUSSETTE-DART ART © ESTATE OF RICHARD POUSSETTE-DART

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A SUPPLEMENT TO CINCINNATI MAGAZINE

THE LINDNER CENTER



QUARTERLY REPORT

VOL. 3, ISSUE 3

The Carl
and Edyth
Lindner
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for Research and Education

2123 Auburn Avenue, Suite 424
Cincinnati, Ohio, 45219

INSIDE:

A message from **Dr. Kereiakes**

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**Heart Attack Treatment 2007:
What You Need To Know**

pg. 3



A message from Dr. Kereiakes

Dear Readers,

Welcome to the latest installment of The Lindner Center Quarterly Report, a publication dedicated to providing you with insights to keep you healthy. In this report, we bring to your attention many of the recent advances in our understanding and treatment of heart attack.

As you will read in the following pages, time is critically important during a heart attack, and time delays in receiving treatment can lead to death or disability. Balloon angioplasty, usually with coronary stent deployment to open the blocked heart artery, has evolved as the preferred treatment for heart attack. Recent data have conclusively demonstrated that the best patient outcomes occur when the emergency medical system (EMS) provider can perform an electrocardiogram (ECG) in the field (at the patient's home or workplace) and transmit this ECG to the hospital emergency physician who then "activates" the hospital response system to perform the angioplasty. As a result, the hospital can prepare for the angioplasty procedure while the patient is en route, and those dangerous time delays are significantly shortened.

New Associate Director Joins

Medical advancements, such as the reduction in heart attack response time chronicled in this issue, are the result of distinguished medical professionals consistently investigating new technologies. I am pleased to welcome one such professional—Ian J. Sarembok, MB, ChB, MD, FACC, FSCAI—to the position of associate director, The Heart Center of Greater Cincinnati at The Christ Hospital.

Dr. Sarembok was previously the Harrison Distinguished Teaching Professor of Internal Medicine and Director of the Center for Interventional Cardiology and the Coronary Care Unit at the University of Virginia Health System in Charlottesville, Va. Following his medical education at the University of Cape Town and Groote Schuur Hospital, Cape Town, South Africa, he took a position as research associate in the cardiovascular division at Yale University School of Medicine, New Haven, Conn., in 1986. Two years later, Dr. Sarembok accepted a position as the director of the coronary care unit at the University of Virginia. Dr. Sarembok has been an investigator for many of the new technologies developed for coronary angioplasty and has had a highly successful scientific career in translational research in the area of inflammation and vascular injury. He has fostered many collaborations with basic scientists in the field. He has contributed more than 250 peer-reviewed medical publications including journal articles, abstracts and book chapters. In addition, Dr. Sarembok has received numerous awards and honors for teaching and clinical excellence, and has been recognized by Best Doctors in America, as well as Who's Who in Medicine and Healthcare.

In his new position as associate director of The Heart Center of Greater Cincinnati, Dr. Sarembok will oversee several new clinical programs for cardiovascular disease management and care of patients at The Christ Hospital. He will be integrally involved in cardiovascular clinical research through The Lindner Clinical Trial Center and will participate in medical education programs through The Carl and Edyth Lindner Center for Research and Education.

Please join me in welcoming Ian Sarembok to our community.

In good health,

Dean J. Kereiakes, MD

Medical Director, The Heart Center of Greater Cincinnati at the Christ Hospital;
Medical Director of the Lindner Center

THE LINDNER CENTER QUARTERLY REPORT

VOL. 3, ISSUE 3

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The Lindner Center's Quarterly Report mission is to educate the Greater Cincinnati and Northern Kentucky community about heart and cardiovascular research, treatment and prevention.

The Lindner Center for Research and Education is affiliated with The Ohio Heart & Vascular Center and the Heart Center of Greater Cincinnati at the Christ Hospital.

The Lindner Center's address is 2123 Auburn Avenue, Suite 424, Cincinnati, Ohio, 45219. For further information, please contact us at (513) 585-1777.

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 **The Ohio Heart
& Vascular Center**

Heart Attack Treatment 2007: What You Need To Know

BY DEAN J. KEREIAKES, MD; HEATHER GROOMS, PT, MBA; GREGORY J. FERMANN, MD; DEBORAH M. HAYES, RN, MS; MARCEL LISI, MS, FACHE; JEFF MORNEAULT, BS, MBA; CHARLES HATTEMER, MD; AND EUGENE S. CHUNG, MD

In several areas of medicine, the creation of specialized care centers has improved patient outcomes. Trauma victims, for example, who are treated in regional trauma centers have a lower mortality than similar patients treated in hospitals that have not been designated as trauma centers. More recently, specialized centers of care for stroke also have been developed.

But despite the fact that people are far more likely to die of heart disease than of either trauma or stroke, hospitals in the U.S. have been slow to recognize the need for specialized regional centers of care for patients who suffer heart attacks. The number of deaths due to coronary heart disease in the U.S. is seven times greater than the number of deaths due to all types of trauma, and heart disease claims four times as many lives as stroke. Further, in 2003 alone, there were 865,000 new or recurrent heart attacks in the U.S.

Viewed from these perspectives, the lack of specialized regional centers of care for patients with acute ischemic heart disease (heart attack) is clearly not commensurate with the magnitude of this public health problem. Let us examine the issues that surround heart attack care in the U.S., as well as recent initiatives aimed at improving the process of heart attack care.

The status of heart attack care

Acute myocardial infarction (heart attack) occurs when one of the arteries that carry blood to the heart suddenly becomes blocked, most often as a result of a blood clot forming at the site of atherosclerotic plaque rupture. In the absence of blood flow, the heart muscle begins to die within 20 minutes and may be nearly completely dead within six hours. In order to salvage heart muscle and improve survival, blood flow must be restored within six hours by either clot dissolving medication (thrombolysis) or balloon angioplasty.

Clinical research trials and large prospective registries have compared angioplasty with thrombolysis therapy and demonstrated a further reduction in death and disability for patients treated with angioplasty. Based on these findings, the American Heart Association has embarked on an initiative to make angioplasty treatment more available to heart attack victims. However, several formidable medical challenges are working against the initiative.

First, approximately 75 percent of U.S. hospitals lack the facilities required to perform the angioplasty procedure. Second, the benefits of angioplasty are dependent upon how quickly the procedure can be performed; the longer patients wait, the less benefit they will derive. In fact, under the current system, patients in the U.S. are often subjected to dangerous delays before receiving angioplasty therapy.

The exact time of heart attack onset may be difficult to determine, however, as patients may not immediately recognize and seek treatment for their symptoms. For this reason, doctors measure another time interval that can be determined more reliably. Referred to as "door-to-balloon" (DTB) time, this time interval begins when the heart attack patient registers in the hospital emergency room and ends when the first angioplasty balloon is inflated to open the blocked artery.

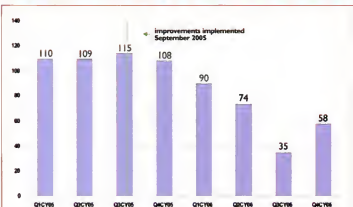
Longer DTB times are associated with higher death rates and other major complications. Therefore, the American College of Cardiology/American Heart Association clinical practice guidelines has conferred the highest "Class 1" recommendation for targeting DTB times at less than 90 minutes. Importantly, the 90-minute DTB time is not the optimal goal; rather, it is the maximum acceptable time delay. Despite widespread dissemination of these guidelines, as well as systematic tracking of DTB time by the Centers for Medicare and Medicaid services, only about a third of heart attack victims observed over four years in a national registry received treatment within 90 minutes, and no improvement was made in DTB times.

Improving DTB time

Shortening the time delays to treatment requires earlier diagnosis, and an expedited diagnosis can be accomplished if emergency medical system (EMS) providers are part of the process. The best-performing hospitals in the U.S. have partnered with EMS teams, coordinating equipment that can transmit a patient's ECG results from the field to a physician in the ER. When the physician receives the transmission, he or she can diagnose a heart attack and prepare the cardiac catheterization lab before the patient arrives at the hospital. National registry reports have demonstrated that a significantly greater portion of heart attack victims receive angioplasty within 90 minutes when an ECG is performed and the results are transmitted in the field.

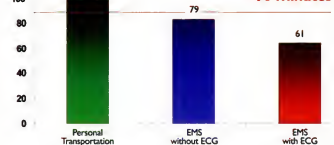
In mid-2005, The Heart Center of Greater Cincinnati at The Christ Hospital initiated a multidisciplinary program aimed at reducing DTB times. With a generous grant from Carl and Edyth Lindner, several local EMS squads were equipped with electronic ECG-transmitting capabilities and were incorporated into an ongoing quality-assurance process that included both the emergency department and the cardiac catheterization laboratories at The Christ Hospital.

Figure 1. Door-to-balloon times by calendar quarters



DTB times steadily declined after The Christ Hospital implemented a quality improvement process. The hospital now ranks in the top 10 percent of U.S. hospitals.

Figure 2. Maximum targeted door-to-balloon time: 90 minutes



DTB time is significantly shortened when a patient is transported to the hospital by an EMS equipped with electronic ECG-transmitting technology.



The Ohio Heart & Vascular Center

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Within 18 months of initiating this "heart attack treatment center" program, The Christ Hospital significantly reduced DTB times and now consistently performs within the top 1 to 10 percent of hospitals in the U.S. (Figure 1). These accomplishments were recently recognized by Anthem's Hospital Quality Program, which bestowed the annual Successful Practice award to The Christ Hospital for having the shortest (best) DTB times in Ohio.

Analyzing and improving DTB times led to an important observation: The longest times to treatment are incurred by patients who drive themselves to the hospital (Figure 2). More importantly, it was found that the shortest time delay to angioplasty is achieved by calling 911 and being transported by EMS squads equipped with ECG-transmitting technology.

The truth about heart attack care

Over the past two decades, a firm link has been established between the number of cardiovascular procedures performed each year by both hospitals and doctors and better outcomes for patients. The best outcomes following angioplasty treatment for heart attack are achieved by high-procedural-volume doctors who perform procedures in high-volume hospitals. In fact, the relative benefit of angioplasty versus thrombolysis for treatment of heart attack may be completely lost when angioplasty is performed in a low-volume institution.

These observations have prompted physicians to express concern that angioplasty "generally should not be conducted in low-volume hospitals."¹ In-depth analyses of large national databases, such as Medicare, have demonstrated a significant increase in deaths following angioplasty performed at hospitals that lack on-site cardiovascular surgery facilities capable of addressing complications if they occur.

Despite the established link between higher procedural volumes and better outcomes, the current trend in our area is a proliferation of smaller community "heart centers" under the guise of patient convenience. With medical resources becoming increasingly limited, the trend taxes narrow resource pools such as critical care nurses and subspecialty cardiovascular physicians. In fact, for several years hospitals in the Cincinnati area have been actively recruiting critical-care nursing staff from the Philippines and other countries.² Former presidents of both the American Heart Association and American College of Cardiology have publicly acknowledged a "crisis" in cardiovascular physician manpower and the pressing need to train more specialists.³

Given this situation of specially trained nurses and doctors, the attempt to adequately staff the proposed 12 "open heart" programs in the Greater Cincinnati area is daunting—especially considering that larger cities such as Minneapolis support only four such programs. Even more concerning are efforts by a single health care system to replicate five "open heart" programs within a 12-mile radius.

What you should do

This rapidly evolving field requires that patients become educated so that they can make the best choices regarding their own health care. First, patients must learn to recognize the signs and symptoms of heart attack (see sidebar below), which may differ between men and women. When these signs and symptoms are present, call 911 immediately.

Additionally, you should know whether or not your local EMS providers have the capability to electronically transmit your ECG from your home. If not, you need to ask why. Remember that you are most likely to get the best and fastest treatment for your heart attack if your EMS provider transmits your ECG to a hospital that performs large volumes of angioplasty and heart surgery and that specializes in heart attack care. Your plan of action for dealing with a heart attack should be well thought out in advance. With knowledge and preparation, you can be responsible for assuring that you get the best care. ■

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Symptoms of heart attack by gender

MEN'S SYMPTOMS

- Sub-sternal chest pain or pressure
- Pain down left arm or shoulder
- Weak, clammy

WOMEN'S SYMPTOMS*

- Pain in chest, upper back, jaw or neck
- Shortness of breath, weak, fatigue
- Nausea, vomiting, clammy
- Anxiety

**Women's symptoms are often non-specific and may be overlooked*

THE LINDNER CENTER

QUARTERLY
REPORT

VOL. 3, ISSUE 3

Pain isn't funny...



**But our patients have been looking
back with a smile since 1890.**



Dr. Lawrence Zeff specializes in physical medicine and rehabilitation with a special interest in interventional pain medicine.

Now there's a new option for patients suffering from low back and leg (radicular) pain due to contained disc herniations, especially for those who have failed conservative treatments and are interested in trying minimally invasive options prior to considering traditional back surgery.

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APR. EVENTS

More good stuff to see and do

TRIPLE BY KATHERINE L. BOWAG

HAVE AN EVENT TO LIST? Send us the event's date, general description, time, address, cost, and a daytime phone number. Calendar deadline is eight weeks prior to issue date (June items are due May 1). Information received will be used at the discretion of the editorial staff. There is no guarantee that your event will be listed. We are not responsible for late or misdirected submissions.

MAIL Cincinnati Magazine, Calendar Editor, One Centennial Plaza, 705 Central Ave., Suite 175, Cincinnati, OH 45202

FAX (513) 562-2746

E-MAIL cmcalendar@cintimag.emmis.com

special events

ONE WORLD WEDNESDAYS

April 4: Celebrate the world's hottest club cities (this month: Budapest, Hungary) with art, music, food, and culture. **Admission:** \$8. Wed 5-10 pm. Cincinnati Art Museum, 953 Eden Park Dr., Eden Park, (513) 721-2787.

ANN HAGEDORN: BOOK SIGNING

April 5: Author signs and discusses *Savage Peace: Hope and Fear in America, 1919*, a portrait of American democracy under stress. **Admission:** free. Thurs 7 pm. Joseph-Beth Booksellers, 2692 Madison Rd., Norwood, (513) 396-8960.

BARROWS CONSERVATION LECTURE SERIES

April 5: Global Wanderings of the Leatherback Sea Turtle: 25 Years Studying and Protecting the Largest, Oldest, and Widest-Ranging Marine Turtle. Dr. Scott Eckert has tracked sea turtles for more than 25 years and served as a consultant to the World Trade Organization and the U.S. Oceans Commission. **Admission:** nonmembers \$12, members \$10. Thurs 7:30 pm. Harold C. Schott Education Center, Cincinnati Zoo & Botanical Garden, 3400 Vine St., Avondale, (513) 559-7767.

ZOO BLOOMS

April 6-29: The Cincinnati Zoo & Botanical Garden welcomes spring with the largest tulip display in the Midwest (more than 80,000). The floral fantasia includes hundreds of thousands of daffodils and hyacinths as well as flowering plants and shrubs. **Admission:** \$7.95-\$12.95. Mon-Fri 9 am-5 pm, Sat & Sun 9 am-6 pm. 3400 Vine St., Avondale, (513) 559-7767.

LET US NEVER FORGET

April 9: The second annual scholarship fundraiser in honor of Matt Maupin and other Greater Cincinnati fallen war heroes features inspirational speaker Romina Arena and a performance by the Back Track Band. **Tickets:** individual \$50, tables of 10 \$500. Mon 5-11 pm. Oasis Conference Center, 902 Loveland-Miami Rd., Loveland, (513) 752-4310.

RANDY WAYNE WHITE: BOOK SIGNING

April 11: White signs *Hunter's Moon*, the latest

in his action/adventure series, starring Sanibel Island marine biologist and veteran special-ops agent Doc Ford. **Admission:** free. Wed 7 pm. Joseph-Beth Booksellers, 2692 Madison Rd., Norwood, (513) 396-8960.

FREEDOM CIRCLES

April 12: Join National Underground Railroad

KID STUFF



To The Rescue

Look! Up in the sky! It's a... Muppet? The Sesame Street Live production **SUPER GROVER! READY FOR ACTION** tells the story of the blue-furred monster's quest to get his superpowers back. And exactly

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4.12.07

how does a wayward Muppet get back on track to releasing his inner hero? Through singing, dancing, and learning, of course. "Sunny Days," "Spish Splash," and "Old MacDonald" are all part of a program that soon puts the "super" back in Super Grover. Luckily, Big Bird, Elmo, Zoe, and the rest of the gang are there to aid the would-be hero (and your kids) in the process. • GREG POLLARO

FYI Tickets: \$19.50-\$25.50. Thurs 7 pm. US Bank Arena, 100 Broadway, downtown, (513) 421-4111

Freedom Center moderators in a discussion about important social issues, like racism and poor race relations. **Admission:** free. Thurs 6:30 pm. The Public Library of Cincinnati and Hamilton County, Oakley Branch, 4033 Gilmore Ave., Oakley, (513) 333-7500.

OHIO COUNTRY ANTIQUE SHOW

April 14: Fifty dealers from Ohio, Kentucky, Indiana, and Michigan. **Admission:** \$5. Sat 9 am-4 pm. U.S. 68 at I-71 N., Exit 50, Wilmington, (513) 738-7256.

BURLINGTON ANTIQUE SHOW

April 15: More than 300 vendors sell their antique and vintage collectibles at this opening show for 2007. **Admission:** \$3-\$5. Sun 8 am-3 pm, early entrance 5-8 am. Boone County Fairgrounds, 5819 Idlewild Rd., Burlington, (513) 922-6847.

CINCINNATI WORLD CINEMA

April 17 & 18: *LunaFest*. Second annual presentation of outstanding short films by women filmmakers from India, China, Mexico, Ireland, the UK, and the USA. **Tickets:** \$6-\$8. Tues & Wed 7 pm. **April 22:** *Why We Sing*. The stirring documentary shot at the GALA Chorus Seventh International Choral Festival in Montreal. Also features a live performance by MUSE, Cincinnati's Women's Choir. **Tickets:** \$6-\$8. Sun 2 pm. Cincinnati Art Museum, 953 Eden Park Dr., Eden Park, (859) 781-8151.

FOUNDERS DAY LECTURE

April 18: The Mercantile Library honors its founding and the work of regional poet Paul Laurence Dunbar with a discussion led by Herbert Woodward Martin, poet-in-residence at the University of Dayton. **Admission:** nonmembers \$20, members \$15. Wed 5 pm. 414 Walnut St., downtown, www.mercantilelibrary.com.

PAULA DEEN

April 19: This Food Network star discusses cooking and her new memoir, *Paula Deen: It Ain't All About Cookin'*. **Tickets:** available beginning April 3 with purchase of signed book from Cincinnati Joseph-Beth Booksellers. Thurs 7 pm. Moonlight Pavilion, Coney Island, 6201 Kellogg Ave., Anderson Twp., (513) 396-8960.

CINCINNATI FLOWER SHOW

April 21-29: Acclaimed flower show features world-class exhibitions, social events, gardener's and plant markets, a lecture series, and tours. Presented by the Cincinnati Horticultural Society. **Tickets:** adults \$15-\$20, children 3-12 \$5. Sat-Sun 9 am-7 pm. Coney Island, 6201 Kellogg Ave., Anderson Twp., (513) 232-8230.

FRIENDS OF THE PUBLIC LIBRARY

USED BOOK SALE

April 21: Browse hundreds of used books priced as low as 50 cents. **Admission:** free. Sat 10 am-5 pm. The Public Library of Cincinnati and Hamilton County, Coryville Branch, 2806 Vine St., Coryville, (513) 369-6034.

SILK AND SPICE GALA

April 21: The Contemporary Arts Center transforms its fourth and fifth floors into an edgy-and-elegant fire-themed ball with help from Light-



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borne Communications. Following the gala, a young professionals' after-party with ice-inspired decorations. The black-tie eclectic event benefits CAC's exhibition and education programs. **Tickets:** \$50-\$250. Sat 6:30 pm, after party 10 pm-1 am. 44 E. Sixth St., downtown, (513) 345-8400.

OAKLEY AFTER HOURS

April 27: Neighborhood shops and restaurants host a block party with extended hours, and appetizer and drink specials. **Cover:** free. Fri 4-9 pm. Oakley's Design District, Madison and Brazeal Rds., Oakley, (513) 871-8852.

galleries

ENJOY THE ARTS GALLERY

Thru April 20: *Mandala*. Martha Thomas's dozen kaleidoscopic images reflect the Buddhist and Hindu meditative art of mandala. **Hours:** Mon-Fri 9 am-5 pm, Final Friday 9 am-10 pm. 1338 Main St., Over-the-Rhine, (513) 621-4700.

FITTON CENTER FOR CREATIVE ARTS

April 29-June 15: *Annual Greater Hamilton Art Exhibit*. Forty-three years old, this juried fine arts and crafts show features the diverse talents of residents living within 50 miles of Hamilton. **Admission:** free. **Hours:** Mon-Thurs 9 am-8 pm, Fri 9 am-5 pm, Sat 9 am-noon. 101 S. Monument Ave., Hamilton, (513) 863-8873.

MALTON GALLERY

April 20-May 22: *Another Time, Another Place*. Whimsical landscapes by Barbara Young. Opening reception Fri, April 27, 6-8 pm. **Hours:** Tues-Sat 11 am-5 pm. 2643 Erie Ave., Hyde Park, (513) 321-8614.

MILLER GALLERY

April 28-May 10: *Art In Motion*. Gallery artists, including Joseph Piccolo and Daud Akhriv, present works of art that are an interpretation of art in motion. All sales benefit the Cincinnati Ballet. **Hours:** Mon-Sat 10 am-5:30 pm. 2715 Erie Ave., Hyde Park, (513) 871-4420.

ROW HOUSE GALLERY

April 2-30: *Introspect*. A collection of spiritual and inspirational fantasy paintings by international artist James C. Christensen. **Hours:** Mon-Fri 10 am-5 pm, Sat 10 am-4 pm. 211 Main St., Milford, (513) 831-7230.

CARL SOLWAY GALLERY

Thru April 14: *Albert Paley: Sculpture, Drawings & Functional Objects*. New York-based metal sculptor's works range from monumental sculpture to furniture. **Sam Francis: Prints 1963-1991**. Lithographs of the late abstract Expressionist's paintings. **Hours:** Mon-Fri 9 am-5 pm, Sat noon-5 pm. 424 Findlay St., West End, (513) 621-0069.

THE WEINER-EISELE GALLERY OF FINE ART

Thru April 5: *Color and Light*. New acquisitions of 19th- and early 20th-century paintings, including images of women and children by artists like Charles Gruppe. **Hours:** Tues-Sat 11 am-5 pm, or by appointment. 9393 Montgomery Rd., Montgomery, (513) 771-7717.

ALICE F. AND HARRIS K. WESTON

ART GALLERY

Thru April 15: *CANstruction*. Annual display of quirky and humorous entrants to the na-

tional design-and-build competition benefits the Freestore Foodbank. **Thru June 8:** *The Essence of a Thing*. Twelve regional artists explore natural systems and structures using pattern, repetition, textural intensity, and richness of materials. **Hours:** Tues-Sat 10 am-5:30 pm, until 8 pm performance nights; Sun noon-5 pm, until 7 pm performance nights. Aronoff Center for the Arts, 650 Walnut St., downtown, (513) 977-4165.

M. WILLIS FINE ART & DESIGN

Thru April 7: *Stuart Fink*. Recent bronzes and works on paper. **April 13-May 12:** *The Rhythm of Mischief*. Thomas Hieronymas Towey's use of glazes and vibrant colors lend his contemporary paintings a certain mystical quality. **Hours:** Mon-Sat 10 am-5 pm. 3235 Madison Rd., Oakley, (513) 871-2100.

museums

BEHRINGER-CRAWFORD MUSEUM

Thru April 1: *Mummy, Who Shrank That Head?* This exhibition, modeled after a 19th century curios museum, features oddities like a real shrunken head and a two-headed calf. **Admission:** adults \$4, children and seniors \$3. **Hours:** Tues-Fri 10 am-5 pm, Sat & Sun 1-5 pm. 1600 Montague Rd., Covington, (859) 491-4003.

CINCINNATI ART MUSEUM

Lectures and Programs: April 14: *Pousette-Dart: Technique, Gesture, Interpretation*. Curator of Education Ted Lind leads a talk on Richard Pousette-Dart's self-discovery and revelation through the process of making art. **Admission:** free. Sat 2 pm. **April 19:** *A Conversation with*

THE PERSONAL TREASURES OF BERNARD & SHIRLEY KINSEY



A New Exhibit @ the Freedom Center

APRIL 13 - JUNE 3

Visit the Freedom Center and view this outstanding collection of original African American art and artifacts from the collection of Bernard and Shirley Kinsey, of Los Angeles, California. The collection includes works by Robert Scott Dunconson, Samuel Dunson, Jr., Artis Lone, Ramore Beorden, Elizabeth Cottell and Palmer Hayden. Also on display are rare tintypes, etchings, books, sculptures, letters and other artifacts brought together by the Kinseys over a lifetime of building one of the nation's finest private art and cultural collections.



Powerful. Moving. Inspiring.

Falling Star • 1979 • Ramore Beorden • Lithograph

513.333.7500 • www.freedomcenter.org

MUSEUMS

Willie Cole. Explore the rich symbolism drawn from African and African-American life found in Cole's art. **Admission:** nonmembers \$10, members and college students free. Thurs 7 pm. **April 25: A Conversation with Mona Kuhn.** This nationally recognized photographer is known for her alluring photographs of the nude form. **Admission:** free. Wed 7 pm. **Exhibitions: Thru May 6: Andrew Wyeth Watercolors and Drawings: Selections from the Marunuma Art Park, Collection, Japan.** See 114 watercolors and drawings inspired by the world of Christina and Alvaro Olson in Cushing, Maine. **Thru May 20: Arenas.** Anthony Luensman uses a variety of materials and approaches to engage the senses, question assumptions about permanent works in the museum's collection, and reframe their context of presentation and understanding. **Hours:** Tues-Sun 11 am-5 pm, Wed 11 am-9 pm. 953 Eden Park Dr., Eden Park, (513) 721-2787.

CINCINNATI MUSEUM CENTER

Robert D. Lindner Family OMNIMAX: Thru May 6: Titanic. Visit the ghostly remains of the *Titanic*. **Thru May 11: Hurricane on the Bayou.** Learn about Hurricane Katrina and how the power of hurricanes is linked to erosion of the region's coastal wetlands. **Tickets:** nonmembers \$7.25, members \$3. Call for film schedules. **Programs: April 21: Preserving Family Treasures: Three-Dimensional Objects.** The museum's curator of history artifacts teaches the "dos and don'ts" of properly handling, cleaning, and storing textiles, furniture, glassware, and metals. **Admission:** nonmembers \$30, members \$25. Sat 9 am. Register by April 19. Cin-

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Au Naturele

Israeli nature and landscape photographer Chanan Getraide captures the essence of his homeland in **PROMISED LAND**. "I have no yearning to create in other countries but Israel," says Getraide. "The natural scenery is my favorite subject to photograph." His series of 20 large-scale photographs unveil the Holy Land's natural splendor with sheep roaming in fields, the Jordan River in winter, and a sunflower field on a communal settlement in the moonlight (above). Each picture challenges assumptions about Israel's terrain, proving that the desert offers much more than meets the eye. • KATHERINE L. SONTAG

FYI: Mon-Thurs 11 am-4 pm, Sun noon-5 pm. Skirball Museum, Hebrew Union College, 3101 Clifton Ave., Clifton, (513) 221-1875

THE REGION'S PREMIER SINUS SPECIALIST JUST GOT BETTER...

Thomas Tami, MD, FACS has partnered with Group Health Associates and TriHealth to bring superior medical and surgical options to severe sinus sufferers throughout Greater Cincinnati. The result is a new, cutting-edge sinus practice: Cincinnati Sinus Institute.

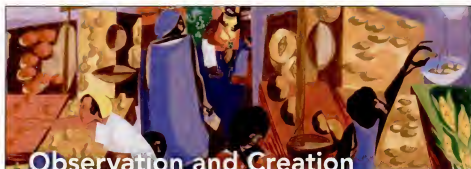
Dr. Tami has been practicing medicine in the Cincinnati area for more than 14 years. He has received numerous honors and awards, including the Distinguished Service Award of the American Academy of Otolaryngology - Head and Neck Surgery.

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For sinus relief, call Dr. Tami at Cincinnati Sinus Institute:

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Observation and Creation

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Your World in Watercolors

A three-part studio series of learning and creating

Sundays, April 15, 22, and 29, 1-4 p.m.
Whether novice or skilled, experiment with watercolors
and unveil the wonders of Wyeth's technique.
\$100 for the public, \$50 for members

Go Figure!

A weekend of observing and drawing

Saturday and Sunday, June 23 and 24, 6-7:30 p.m.
Use the human figure as your subject and create
your own sketches in the galleries.
\$100 for the public, \$50 for members

African American Art

Looking & learning in the galleries

Wednesdays, June 6, 13 and 20, 6-7:30 p.m.
Peruse the galleries and discover new ways of
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(Detail) Jacob Lawrence, *Fruits and Vegetables*, 1959. Mr. and Mrs. Harry S. Layman Endowment, 2002.200

cincinnati History Museum: Thru May 6: *Titanic: The Artifact Exhibition*. More than 300 newly recovered artifacts from the great shipwreck. **Tickets:** \$14-\$16. Permanent exhibitions cover a variety of historical topics. **Cincinnati Historical Society Library:** Mon-Fri noon-5 pm, Sat 10 am-5 pm, (513) 287-7030. **Museum of Natural History & Science:** Permanent exhibitions cover a variety of natural history topics. **Cincinnati Children's Museum:** Interactive facility with exhibitions for children. **Admission:** adults \$7.25 for one museum, seniors \$6.25 for one museum, children 3-12 \$5.25 for one museum, children 1-2 \$4.25 for all museums and traveling exhibits for one day, children under 1 free. **Hours:** Mon-Sat 10 am-5 pm, Sun 11 am-6 pm. 1301 Western Ave., West End, (513) 287-7000.

CONTEMPORARY ARTS CENTER

Lectures: April 16: Curator of Education Scott Bober discusses Jonas Mekas, Andy Warhol, and Frederick Wiseman, three of the filmmakers featured in the museum's film exhibition, *The Long View*. **Admission:** free. Mon 6:30 pm. Kaplan Hall Lobby. **Exhibitions:** **Thru April 15:** *Skyscraper Souls: New Video and Photography by John Pilson*. New and earlier works reconsider the banal daily routines of office workers. **New Media/New Materials: Highlights in Contemporary Art from The Fabric Workshop and Museum.** See original fabric swatches and materials related to some of the most significant artists of the 20th century: Marina Abramovic, Doug Aitken, Lorna Simpson, and more. **Thru May 19:** *Katharina Grosse*. This Berlin-based artist uses a spray gun to mix and blend colors on a grand scale. **Thru Feb 11, 2008:** *Graphic Content: Contemporary and Modern Art and Design*. Fashion and interior designer Todd Oldham designed this series of new installations paired with works from the mid-20th century. Selections highlight artists working in Cincinnati in the 1940s and '50s, including Noel Martin, Dave Miko, and William A. Leonard. **Admission:** adults \$7.50, seniors \$6.50, students \$5.50, children \$4.50. **Hours:** Mon 10 am-9 pm, Wed-Fri 10 am-6 pm, Sat & Sun 11 am-6 pm. 44 E. Sixth St., downtown, (513) 345-8400.

NATIONAL UNDERGROUND RAILROAD FREEDOM CENTER

Thru June 3: *The Personal Treasures of Bernadine and Shirley Kinsey: African American Art and Artifacts*. These California-based art collectors loan pieces to the Freedom Center in this first-ever traveling exhibition. Artifacts include painter Robert S. Duncan's *Landscape Autumn* and letters written by Malcolm X. **Admission:** adults \$12, seniors \$10, children \$8. **Hours:** Mon-Fri 11 am-5 pm, 50 E. Freedom Way, downtown, (513) 333-7500.

SPEED ART MUSEUM

Thru May 15: *Building Books: The Art of David Macaulay*. More than 100 original works of art, studies, sketchbooks, book dummies, artifacts (including hand-built ship models), and more from the best-selling author and illustrator of *The Way Things Work*, *Cathedral*, and *Unbuilding*. **Thru June 24:** *From Folk To Modern: Kentucky Pottery, 1900-1950*. More than 40 objects reveal the transformation of Kentucky pottery as production shifted from utilitarian wares to art pottery. **Admission:** \$8. **Hours:** Tues & Wed 10:30 am-4 pm, Thurs & Fri 10:30 am-8 pm, Sat 10:30 am-5 pm, Sun noon-5 pm. 2035 S. Third St., Louisville, (502) 634-2700.

REGISTER TO WIN FOUR COMPLIMENTARY EXHIBITION TICKETS TO THE CINCINNATI ART MUSEUM

at www.cincinnatiartmuseum.com

Andrew Wyeth Watercolors and Drawings:

Selections from the Marunuma Art Park, Collection, Japan

This exhibition runs February 3 through May 6, 2007.

Limit one entry per household.

THE EITELJORG MUSEUM OF AMERICAN INDIANS AND WESTERN ART

Thru April 15: *Pop Goes the West*. Two Pop art exhibitions: *Roy Lichtenstein: American Indian Encounters*. These paintings, drawings, mixed-media pieces, prints, and wooden sculptures reflect his stylistic interest in European modernism and important American Indian themes. *Andy Warhol's Cowboys and Indians*. A rare suite of Warhol's last works pays homage to America's popular version of Western history. **Admission:** adults \$8, seniors \$7, children ages 5-17 and full-time students with ID \$5. **Hours:** Tues-Sat 10 am-5 pm, Sun noon-5 pm. 500 W. Washington St., Indianapolis, (317) 636-WEST.

TAFT MUSEUM OF ART

Lectures: April 15: *Art in the Afternoon*. University of Cincinnati College-Conservatory of Music Associate Costume Designer Reba Senske—who has also designed costumes for productions at Cincinnati Playhouse in the Park and May Festival—brings an assortment of costumes, each of which tells a different story about her work. **Admission:** nonmembers \$12, members \$10. Sun 2-4 pm. **Thru April 9:** *Luminist Horizons: The Art Collection of James A. Suydam*. Approximately 55 scenic 19th-century American landscapes. **Thru April 15:** *Small Paintings*. Diminutive oil paintings from the Taft and the Cincinnati Art Museum offer an intimate experience of collective tastes from the 20th century. **Admission:** nonmembers \$10, members \$5. **Hours:** Tues, Wed, Fri 11 am-5 pm; Thurs 11 am-8 pm; Sat 10 am-5 pm; Sun noon-5 pm. 316 Pike St., downtown, (513) 241-0343.

classical music

JON NAKAMATSU

April 15: Xavier University Piano Series hosts this former high school German teacher turned classical pianist. **Tickets:** \$3-\$19. Sun 2:30 pm. Gallagher Student Center, Xavier University, 3800 Victory Pkwy., Evanston, (513) 745-3161.

CINCINNATI SYMPHONY ORCHESTRA

April 12-14: Maestro Paavo Järvi is joined by violinist Pekka Kuusisto in a performance of Erkki-Sven Tüür, Sibelius, and Nielsen. **Tickets:** \$12-\$95. Thurs 7:30 pm, Fri 11 am & 8 pm, Sat 8 pm. Music Hall, 1241 Elm St., Over-the-Rhine, (513) 381-3300.

JÉRÔME DUCHARME

April 22: Award winning Canadian musician strums his guitar for this Xavier University Classical Guitarist Series event. **Tickets:** \$3-\$12. Sun 2:30 pm. Gallagher Student Center, Xavier University, 3800 Victory Pkwy., Evanston, (513) 745-3161.

CHAMBER MUSIC CINCINNATI

April 24: Explore the links between European, African, and American music traditions with quintet Imani Winds. **Tickets:** \$25. Tues 8 pm. Corbett Auditorium, College-Conservatory of Music, University of Cincinnati, Corry Blvd., Clifton Heights, (513) 522-2652.

jazz

JAZZ AT THE HYATT

April 6-27: Local and national jazz artists, including the Eddie Bayard Trio, perform in the Hyatt's Sungarden Lounge. **Cover:** varies. Fri 8 pm. Hyatt Regency Cincinnati, 151 W. Fifth St., downtown, www.jazzcincy.com.

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NORTHSIDE JAZZ ENSEMBLE

April 2, 16 & 30: A music performance by the bar's house jazz band every other week. **Cover:** free. Mon 9 pm. Northside Tavern, 4163 Hamilton Ave., Northside, (513) 542-3603.

B3 GO!

April 4-25: This quartet of former College-Conservatory of Music students play everything from Thelonious Monk to Radiohead in this weekly jazz night. **Cover:** free. Wed 9 pm-midnight. alchemize, 3929 Spring Grove Ave., Northside, (513) 541-8999.

BANU GIBSON AND

THE NEW ORLEANS HOT JAZZ

April 29: Xavier University Swing Series welcomes this sassy jazz princess and her backup band. **Tickets:** \$3-\$19. Sun 3 pm. Gallagher Student Center, Xavier University, 3800 Victory Pkwy., Evanston, (513) 745-3161.

nightlife

THE COMET BLUEGRASS ALLSTARS

April 1-29: Six-piece brassy bluegrass group performs as the Sunday night house band. **Cover:** free. Sun 7:30 pm. The Comet, 4579 Hamilton Ave., Northside, (513) 541-8900.

SWINGTIME

April 1: Swing band plays classics, smooth jazz, big band, ballads, waltzes, and Broadway tunes at this monthly event. **Cover:** \$8. Sun 7:30-11 pm. York St. Café, 738 York St., Newport, (859) 261-9675.

JEFF ROBERTSON

April 1: Len's Lounge frontman hosts a monthly open mic with the following stipulations: no Guns N' Roses, Dave Matthews, or Jimmy Buffet covers. **Cover:** free. Sun 9 pm. Northside Tavern, 4163 Hamilton Ave., Northside, (513) 542-3603.

LATIN DANCE NIGHT

April 2-30: Start the work week with salsa and merengue from local Latin band Tropicoso. Closed New Year's Day. **Cover:** \$5. Mon 10 pm. The Mad Frog, 1 E. McMillan St., Corryville, (513) 784-9119.

KARAOKE FANTASTIC

April 3-24: "KJ" (karaoke jockey) Sean Hafer hosts weekly sing-along session. **Cover:** free. Tues 9:30 pm. The Southgate House, 24 E. Third St., Newport, (859) 431-2201.

SONGWRITERS' NIGHT

April 3-24: Weekly songwriters' forum hosted by musician Eric Diedrichs. **Cover:** free. Tues 9:30 pm. Allyn's, 3538 Columbia Pkwy., Columbia-Tusculum, (513) 871-5779.

NEW MUSIC SHOWCASE

April 4-25: A different band hosts a weekly music roundtable featuring a variety of local artists. **Cover:** free. Wed 9 pm. Mad Frog, 1 E. McMillan St., Clifton Heights, (513) 784-9119.

LYRICAL INSURRECTION

April 4-25: Spoken word open mic with different musical guests. **Cover:** \$5. Wed 9 pm. The Greenwich, 2440 Gilbert Ave., Walnut Hills, (513) 221-1151.

SALSA NIGHT

April 4-25: DJ Rudy Alvarez spins Latin tunes while you take free dance lessons. **Cover:** free. Wed 8 pm. Havana Martini Club, 441 Vine St., downtown, (513) 651-2800.

BOCA BLOCK PARTY

April 5-26: Upscale restaurant turns downtown cool at this weekly party featuring wood-oven baked pizzas, drink specials, and hip music by DJ Rare Groove and Mr. Pillo. **Cover:** free. Thurs 10 pm-2:30 am. Boca, 3200 Madison Rd., Oakley, (513) 542-2022.

JAZZ AND OPEN JAM

April 5-26: Weekly jam invites jazz musicians to sign up and show the city what they've got. **Cover:** \$2, free for jam participants. Thurs 8 pm. Ro's St. Café, 245 W. McMillan St., Clifton Heights, (513) 238-ROHS.

LINDY HOP SWING DANCE NIGHT

April 5-26: Dance lessons are followed by a

Q&A

Medicine Man

DAVID OSHINSKY, author of *Polio: An American Story* (Oxford University Press), which won the 2006 Pulitzer Prize for History, is the guest speaker at the Cincinnati Museum Center's 10th annual Distinguished Historian lecture. We talked to him about the disease and other happy topics, like McCarthyism.

Why did you want to write a book about polio? I'm a baby boomer and I can remember the years before the vaccines of Jonas Salk and Albert

Sabin, the incredible fear that polio struck. It would come every summer like the plague. I remember not being allowed to go swimming. It was the fear of this paralytic, infectious disease that singled out children.

That's unfathomable to me. For younger people, polio is a vaccine, not an illness. And that's a wonderful thing. Salk and Sabin basically wiped out polio as a disease. In the western hemisphere, we haven't had a case in 15, 20 years. It's gone forever. We hope.

Why is it still so prevalent in other parts of the world? It's very, very hard to get the vaccine to the most rural and isolated parts of the world. It's endemic, meaning it's still there, but we're not talking about tens of thousands of cases. The point is they can't wipe it out until a certain percentage of the young population is vaccinated, and that hasn't happened yet.

dance where the rotating DJ staff plays a variety of jive-worthy music by artists old and new, like Cherry Poppin' Daddies and The Gorillaz. No partner required, beginners welcome. **Cover:** \$4. Thurs lessons 8-9 pm, dance 9 pm-midnight. Step-N-Out Studios, 721 Madison Ave., Covington, (859) 291-2300.

MOVE ON UP

April 6: Every first Friday of the month DJ Iceburg & Optix spin soul and funk 45s. **Cover:** free. Fri 10 pm. Clique, 6-8 Pike St., Covington, (859) 491-0081.

LADIES '80S

April 6-27: Let your side-ponytail swing at this weekly girls' night out featuring a fresh blend of



You've also written about McCarthyism. Why do you think people enjoy reading about the bad things that have happened in our collective past? There's a great story behind it. They're very tragic, but they're gripping human dramas and people relate to the messages that come out of these stories. In the case of McCarthyism, it's how wary you have to be of conspiracies and politicians who lead you down emotional dead-end roads.

What type of historian do you consider yourself to be? I see myself as a storyteller. I try to write for the larger reading public, to go well beyond the academic community. I think it's important to connect people to what professional historians are writing and to do that, you have to put it in a form that is interesting to them and makes them want to understand the message of the story. • AIESHA D. LITTLE

FYI Admission: reception, lecture, and dinner \$60; lecture only \$15. Thurs 5:30 (reception) and 7:30 pm (lecture). 1301 Western Ave., West End, (513) 287-7000.

'80s and modern day dance music, and drink specials. **Cover:** free. Fri 10 pm-midnight. Jeff Ruby's Tropicana, One Levee Way, Newport, (859) 491-8900.

VINTAGE D'ELECTRONIQUE

April 6-27: Experience the best electronic, alternative, dance, synth pop, electro-funk, and new wave music of the past three decades—it's Peter Gabriel meets New Order meets The Postal Service. **Cover:** free. Fri 8 pm. alchemize, 3929 Spring Grove Ave., Northside, (513) 541-8999.

BACKBEAT

April 28: DJs Troll and Jay Downs spin modern rock, new wave, and classic alternative. **Cover:** free. Sat 10 pm. Clique, 6-8 Pike St., Covington, (859) 491-0081.

comedy

RALPHIE MAY

April 19-22: Weighing more than 300 pounds, this comic doesn't do fat jokes, but tells the truth about the school of hard knocks. **Tickets:** \$17. Thurs 7:30 pm, Fri 8 & 10:30 pm, Sat 7:30 & 10:15 pm, Sun 7 pm. Funny Bone Comedy Club, One Levee Way, Newport, (859) 957-2000.

WITS END COMEDY TROUPE

April 28: Improvisational group brings a fresh approach to funny business with its quick wit. **Cover:** \$5. Sat 8 pm. York St. Café, 738 York St., Newport, (859) 261-9675.

bands/concerts

CHICKS ROCKFEST

April 5-8: The seventh annual festival is bigger and better than ever. Get ready for four nights of tunes from 40 bands—each with at least one prominent female member. **Cover:** \$5-\$7. Thurs-Sat 8 pm, ages 18 and over; Sun 7 pm, all ages. The Poison Room, 301 W. Fifth St., downtown, (513) 333-0010.

GIRL TALK

April 7: Pittsburgh DJ Greg Gillis prefers a laptop to a turntable, delivering danceable beats that are a mash-up of original and unlawfully borrowed music from his influences, like Nirvana. **Tickets:** \$10-\$12. Sat 10 pm. alchemize, 3929 Spring Grove Ave., Northside, (513) 541-8999.

WHY'S YOU OUGHTA KNOW TOUR

April 7: Headliner and hip-hop/pop musician Mat Kearney tours supporting his latest album, *Nothing Left to Lose*, with other bands—The Feeling and Rocco DeLuca & The Burden—that VH1 producers think its adult viewers "oughta know" about. **Tickets:** \$17-\$20. Sat 8 pm. Bogart's, 2621 Vine St., Corryville, www.bogarts.com.

SOUKOUS STARS

April 7: This Congolese rumba band plays music inspired by central Africa—dominated by heat and rhythm—and will surely have you dancing along. **Tickets:** \$25-\$30. Sat 7:30 pm. The 20th Century Theatre, 3021 Madison Ave., Oakley, (513) 731-8000.

SEVENDUST

April 12: These hardcore rockers celebrate the release of their fourth studio album, *Next*. With Red, Decast, and Invinto. **Tickets:** \$22-\$38.81. Thurs 7 pm. Bogart's, 2621 Vine St., Corryville, www.bogarts.com.

The Bartlett Client



Client

Married couple, early 50s

He: self-employed consultant She: the newly hired president of a local corporation

Challenge

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ANDREW BIRD

April 14: Chicago-based multi-instrumentalist and unconventional pop songwriter tours supporting his brand-new album, *Armchair Apocrypha*. With Courtney Tidwell. **Tickets:** \$15-\$18. Sat 9 pm. The Southgate House, 24 E. Third St., Newport, (859) 431-2201.

GALACTIC

April 19: This band is New Orleans funk at its best. With Texas swamp band Papa Mali. **Tickets:** \$17-\$20. Thurs 7:30 pm, Bogart's, 2621 Vine St., Corryville, www.bogarts.com.

CHANTICLEER

April 18: This Grammy Award-winning vocal ensemble returns for an evening of a cappella singing. **Tickets:** \$32-\$35. Wed 8 pm. St. Peter in Chains Cathedral, 325 W. Eighth St., downtown, (513) 421-2222.

SWEET LOVE: A TRIBUTE TO OSCAR TREADWELL

April 23: The Blue Wisp Big Band, Cohesion Jazz Ensemble, and the Steve Schmidt Trio get together to honor local jazz legend Oscar Treadwell. All proceeds go to the University of Cincinnati's College-Conservatory of Music Jazz Studies Department and Jazz Alive. **Tickets:** \$20-\$25. Mon 7:30 pm. Madison Theatre, 730 Madison Ave., Covington, (859) 491-2444.

OVER THE RHINE

April 27 & 28: This husband and wife duo brings their jazz rock-and-blues sound home for a concert. **Tickets:** \$20. 8 pm. The 20th Century Theatre, 3021 Madison Ave., Oakley, (513) 731-8000.

LEE'S JUNCTION BIG BAND

April 28: Fresh renditions of popular '40s and '50s swing music. **Tickets:** \$16. Sat 7:30 pm. The Covendale Center for the Performing Arts, 4990 Glenway Ave., Price Hill, (513) 241-6550.

SAY ANYTHING

April 28: This Los Angeles-based indie-pop band tours behind the reissue of its debut album, *Is a Real Boy*. With poppy punk-wannabes Saves the Day and electronica-influenced The Dear Hunter. **Tickets:** \$17. Madison Theatre, 730 Madison Ave., Covington, (859) 491-2444.

ANTIBALAS AFROBEAT ORCHESTRA

April 29: This Brooklyn-based, 17-member band's music is a hybrid of jazz, Latin, and sounds from the African diaspora. **Tickets:** \$12-\$15. Sun 9 pm. The Southgate House, 24 E. Third St., Newport, (859) 431-2201.

opera & dance

EXHALE DANCE TRIBE

Thru April 1: This contemporary jazz dance company's performers use their bodies for self expression and storytelling. **Tickets:** \$15-\$20. Fri & Sat 8 pm, Sun 4 pm. Know Theatre of Cincinnati, 1120 Jackson St., Over-the-Rhine, (513) 300-KNOW.

THE TIFFANY MILLS COMPANY

April 13 & 14: Mills' modern dance performance features music by John Zorn inspired by the films of Jean Luc-Godard, as well as new work in which her collaborating filmmaker and electronic composer appear onstage as part of the performances. **Tickets:** \$17-\$27. Fri & Sat 8:30 pm. Jarson-Ka-

plan Theatre, Aronoff Center for the Arts, 650 Walnut St., downtown, (513) 621-5282.

GOLDEN DRAGON ACROBATICS

April 19: A mix of award-winning Chinese acrobatics, traditional dance, spectacular costumes, and both ancient and contemporary theatrical techniques. Presented by Miami University Performing Art Series. **Tickets:** \$7-\$15. Thurs 7:30 pm. Millet Hall, Miami University, E. Chestnut and S. Beecher Streets, Oxford, (513) 529-3200.

AN EVENING OF SONG AND DANCE

April 27 & 28: Northern Kentucky University's annual evening of vignette performances from classic to contemporary featuring dance and musical theatre students. **Tickets:** \$5-\$7. Sat & Sun 8 pm. Corbett Theatre, Northern Kentucky University, Nunn Drive, Highland Heights, (859) 572-5464.

theater

A MIDSUMMER'S NIGHT DREAM

Thru April 1: Romantic chaos ensues in a wood near Athens in this Shakespearean comedy. Presented by Xavier Players' Mainstage Season. Call for ticket prices and times. Gallagher Student Center Theatre, Xavier University, 3800 Victory Pkwy., Evanston, (513) 745-3939.

OPUS

Thru April 1: A world-renowned string quartet must navigate the disharmonious path of creating a masterpiece when their founder leaves only days before a big show. **Tickets:** \$16-\$32. Wed & Thurs 7:30 pm, Fri & Sat 8 pm, Sun 2 pm.



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(Free Admission after 5 pm)
April 12, 19 & 26, 6pm - 8:30pm

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www.cincinnatizoo.org

Ensemble Theatre of Cincinnati, 1127 Vine St.,
Over-the-Rhine, (513) 421-3555.

CONCERTS

RECKLESS

Thru April 6: This dark comedy begins at a home on Christmas Eve, where a woman is informed by her husband that he has hired a hit man to kill her. **Tickets:** \$34.50-\$50.50. Tues & Wed 7:30 pm, Thurs & Fri 8 pm, Sat 5 & 9 pm, Sun 2 & 7 pm. Special matinee performance Wed, April 4, 1:30 pm. Robert S. Marx Theatre, Playhouse in the Park, 962 Mt. Adams Circle, Mt. Adams, (513) 421-3888.

SOUND OF MUSIC

Thru April 7: Set in Austria during World War II, an aspiring nun goes to work as governess for a widowed naval captain with seven unruly children. Presented by Cincinnati Landmark Productions. **Tickets:** \$18-\$20. Thurs-Sat 8 pm, Sun 2 pm. Covedale Center for the Performing Arts, 4990 Glenway Ave., Price Hill, (513) 241-6550.

THE CHERRY ORCHARD

Thru April 15: To chop or not to chop is the question when financial woes force a family to consider getting rid of their cherry orchard and selling their land. Presented by Cincinnati Shakespeare Company. **Tickets:** adults \$24, seniors \$20, students \$18. Thurs-Sat 7:30 pm, Sun 2 pm. 719 Race St., downtown, (513) 381-8ABD.

MURDERERS

Thru April 22: Three comedic monologues reveal the intricacies behind an inexplicable rash of murders at a peaceful Florida retirement village. **Tickets:** \$36.50-\$52.50. Tues & Wed 7:30 pm,



Harmonic Conversion

They may not have achieved the popularity of fellow Irish musicians U2, but **CELTIC WOMAN** redefined the typically improvised harmonies of their homeland with a combination of folk, pop, and classical music. After four successful U.S. tours, the group's five vocalists and fiddle player are back for their fifth go-round, which supports their recent release, *A New Journey* (Manhattan Records). The album blends elements of traditional Irish music with familiar standards, giving songs like "Over The Rainbow" and "Scarborough Fair" an ethereal sound that would be right at home on the Emerald Isle. • **LINDSAY GILBERT**

FYI Tickets: \$37.25-\$67.25. Mon 7:30 pm. Music Hall, 1241 Elm St., Over-the-Rhine, (513) 621-2787

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Thurs & Fri 8 pm, Sat 5 & 9 pm, Sun 2 & 7 pm. Special matinee performance Wed, April 18, 1 pm. Thompson Shelterhouse Theatre, Playhouse in the Park, 962 Mt. Adams Circle, Mt. Adams, (513) 421-3888.

DISNEY'S THE LION KING

Thru May 6: Giraffes strut, birds swoop, and gazelles leap in the musical that brings the entire savannah to life. Presented by Cincinnati Broadway Across America. **Tickets:** \$22.25-\$132.25. Tues-Thurs 8 pm, Fri 2 & 8 pm, Sun 1 & 6:30 pm. Procter & Gamble Hall, Aronoff Center for the Arts, 650 Walnut St., downtown, (513) 621-5282.

YEAR END SERIES FESTIVAL OF NEW PLAYS

April 12-22: Each year, Northern Kentucky University's theater department offers three world premiere plays. **The Chester County Automaton(s).** A fast-paced comedy examining the battle between science and religion through the eyes of people who choose emotion over reason. **The Aaronsville Woman.** A forensic anthropologist returns to her hometown to verify the skeletal remains of a woman believed to be thousands of years old. In **The Woke of King Death.** This play supposes what turns history may have taken in 1348 had marriage united the Kingdoms of Spain and England. **Tickets:** \$6-\$10. Call for schedules. Corbett and Strauss Theatres, Northern Kentucky University, Nunn Drive, Highland Heights, (859) 572-5464.

TRIBUTE TO AUGUST WILSON

April 15: Excerpts from more than half of Wilson's ten plays—his singular achievement and literary legacy—that depict the comedy and tragedy of the African-American experience in the 20th century. Presented by Cincinnati Black Theatre Company. **Tickets:** \$20. Sun 4 pm. Harrier Tubman Theatre, National Underground Railroad Freedom Center, 50 E. Freedom Way, downtown, (888) 588-0137.

PLAZA SUITE

April 18-May 6: A comic tale of three couples as they each, in turn, rent a suite in New York's Plaza Hotel. Presented by Cincinnati Landmark Productions. **Tickets:** \$15-\$17. Wed-Sat 8 pm, Sun 2 & 8 pm. Showboat Majestic, Cincinnati Public Landing, E. Pete Rose Way and Eggleston Avenue, downtown, (513) 241-6550.

CHARLEY'S AUNT

April 18-22: Two college friends try to impress their young dates, but when an aunt doesn't arrive in time to chaperone, they disguise another friend as the old wealthy widow. Presented by College-Conservatory of Music Studio Series. **Tickets:** \$10-\$27. Wed-Fri 8 pm, Sat 2:30 & 8 pm, Sun 2:30 pm. Patricia Corbett Theatre, College-Conservatory of Music Building, University of Cincinnati, Corry Blvd., Clifton Heights, (513) 556-4183.

VATICAN FALLS

April 19-May 12: A dangerous love affair between an American cabaret singer and an Italian woman working for the Vatican reveals a plot of unspeakable revenge and unthinkable terror. **Tickets:** \$15-\$20. Thurs-Sat 8 pm, Sun 4 pm. Know Theatre of Cincinnati, 1120 Jackson St., Over-the-Rhine, (513) 300-KNOW.

Airwaves Kite Fest

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Imagine a warm April sky filled with bold exciting color, graceful movement and beautiful music. At WGUC's Airwaves Kite Fest there will be two days of kite flying fun for the entire family—Saturday, April 14th and Sunday, April 15th from noon until 5 pm.

Whether you are a casual spectator or a kite enthusiast, you won't want to miss this celebration of graceful flight at Voice of America Park in West Chester.

Fun is the operative word for a weekend that includes stunt flying demonstrations and choreographed kite performances by the nationally known kite team, Chicago Fire; kite-making and other activities for the kids; and open fly fields for anyone to give it a try. From beginning to end this unique event will have your family saying, "Let's Go Fly a Kite!"

Chicago Fire is the oldest competitive sport kite team in the United States. For more than twenty years the team has been competing and demonstrating team flying, aerial ballet and precision kite stunts around the world. Local kite club Pigs Aloft will also be on hand to demonstrate its facility with dual and quad lines, big Schwabies and Japanese fighter kites.

The Airwaves Kite Fest is a spectacular display of skill and beauty for everyone. Find out more at airwaveskitefest.org.



Photo credit: Tony Alexander

**Airwaves Kite
Fest**
April 14-15
**Voice of
America Park**

APRIL FOOL'S WEBCAST

Visit wguc.org for a special classical music April Fool's Day celebration, featuring such comic greats as Victor Borge, Spike Jones, P.D.Q. Bach and, yes, even Bugs Bunny and Elmer Fudd. These specially selected pieces bring out the humor in classical music and are guaranteed to put a smile on your face. It's only available on the web during the month of April. No foolin'.

MUSIC CINCINNATI

Tune in Sunday, April 8, at 9 pm for a series of recordings from the Hyde Park Community United Methodist Church's annual Organ Series.



WGUC.ORG



Brian Newhouse

NEW PROGRAM: SYMPHONYCAST

Join 90.9 WGUC every Tuesday evening at 8 for *SymphonyCast*, a two-hour program featuring a full-length concert by a world-class symphony orchestra, hosted

by Brian Newhouse. Concerts are drawn from leading American and European orchestras.

Programs during April feature Charles Dutoit and the Philadelphia Orchestra; Andrew Litton and Claus Peter Flor leading the Dallas Symphony; and The Nashville Symphony conducted by Leonard Slatkin. Each concert highlights a world-renowned soloist, such as Jean-Yves Thibauder, Gil Shaham, Alexander Kobrin, Bela Fleck, Edgar Meyer and Frederica von Stade.



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WVXU's locally produced shows *Around Cincinnati*, *Cincinnati Edition*, and the *90-Second Naturalist* are available for free, as are many national programs such as *Echoes*, *The Splendid Table* and *Talk of the Nation*.

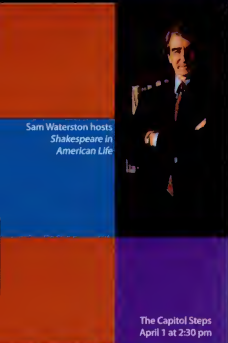
With a subscription, you can also download programs like *Car Talk*, *MarketPlace*, *A Prairie Home Companion*, and *Speaking of Faith*. Go to wvxu.org for complete information about podcasting software and available programming.

And while you're at wvxu.org, don't miss all the website's special features, from personalized updates about your favorite programs to audio archives from a show you might have missed. There are also connections to all the news and reviews from *Cincinnati Edition* and *Around Cincinnati*.

*Podcasts of
Cincinnati Edition,
Around Cincinnati,
and the
90-Second Naturalist
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Sam Waterston hosts
*Shakespeare in
American Life*

The Capitol Steps
April 1 at 2:30 pm

THE CAPITOL STEPS

Join 91.7 on April Fools Day at 2:30 pm for another journey into sidesplitting political humor. With the advent of a new Congress, The Capitol Steps come up with new jokes, songs and a new production number about the already-declared presidential candidates: *76 Unknowns!*

This comedy troupe based in Washington DC is made up of former Capitol Hill staffers who decided that, compared to politics, comedy is the best policy.

SHAKESPEARE SPECIALS

Shakespeare in American Life is a series of three one-hour specials that explore the influence of William Shakespeare's works on American civic, political and cultural life. You can hear these intriguing explorations on Sunday, April 15, 22, and 29, at 8 pm. The programs are narrated by acclaimed actor Sam Waterston.

The three programs are *Shakespeare in Performance*, *Shakespeare in Education and Civic Life*, and *Shakespeare in American Politics*.



Jazz with OT
Sunday at 9 pm

OT CONCERT RESCHEDULED FOR APRIL 23rd

Inclement weather in February made it necessary to postpone our jazz concert in honor of Oscar Treadwell. "Sweet Love: A Tribute to Oscar Treadwell" will now be held on Monday, April 23, at 7:30 pm in Covington's Madison Theater. Your tickets for the original date will be accepted for the April 23rd event.

This very special concert will feature some of OT's favorite local jazz performers: The CCM Jazz Combo, The Steve Schmidt Trio,

Cohesion Jazz Ensemble, and the Blue Wisp Big Band, with Mary Ellen Tanner. Proceeds from the event will benefit the CCM Jazz Studies Department and the Jazz Alive program.

Tickets are still available at madisontheateronline.com, cincinnatiarts.org or (513) 621-ARTS.

SOUVENIR

April 25-May 13: Florence Foster Jenkins, an eccentric socialite, gives a series of annual charity concerts during the 1930s. The only problem: Jenkins believes she's a great coloratura soprano when she's actually tone deaf. **Tickets:** \$16-\$532. Wed & Thurs 7:30 pm, Fri & Sat 8 pm, Sun 2 pm. Ensemble Theatre of Cincinnati, 1127 Vine St., Over-the-Rhine, (513) 421-3555.

BIG LOVE

April 26-29: Fifty brides are forced into marriage, launching a series of events that career from heady drama to physical comedy, culminating in a bloody wedding night massacre. Presented by College-Conservatory of Music Studio Series. **Admission:** free, tickets available at the door only. Thurs-Sat 8 pm, Sun 2:30 pm. Cohen Family Studio Theater, College-Conservatory of Music Village, University of Cincinnati, Corry Blvd., Clifton Heights, (513) 556-4183.

kid stuff

ARTRAGEOUS

April 7: DinoBabies. A song-fest featuring life-sized puppets that tell the story of a little boy who is friends with baby dinosaurs. **Tickets:** \$5. Sat 11 am & 2 pm. Muntz Theater, UC's Raymond Walters College Campus, 9555 Plainfield Rd., Blue Ash, (513) 745-5705.

FAMILY FIRST SATURDAYS

April 7: Children explore different themes each month through scavenger hunts, hands-on art, performances, and local artists. This month: Squiggly, Dashed, and Dotted. **Admission:** free. Sat 1-4 pm. Cincinnati Art Museum, 953 Eden Park Dr., Eden Park, (513) 721-2787.

FAMILY ARTVENTURES

April 7-29: Weekly program features 45-minute tours of fresh topics with touchable art and, on select dates, in-gallery art stops. **Admission:** free. Sat 1 pm, Sun 3 pm. Cincinnati Art Museum, 953 Eden Park Dr., Eden Park, (513) 721-2787.

FAMILIES CREATE!

April 21 & 28: The Taft Museum of Art presents bimonthly art programs designed for children ages 5-10 with an accompanying adult. **April 21: Essence of a Thing, Part 1.** Use magnifying glasses, microscopes, and telescopes and make mixed media relief works using observational drawings. **Admission:** nonmembers \$10, members \$5. Sat 10 am-noon. Weston Art Gallery, 650 Walnut St., downtown, (513) 684-4524. **April 28: Draw a Book.** Design a decorated book to use on a sketching expedition. **Admission:** nonmembers \$10, members \$5. Sat 10 am-noon. Taft Museum of Art, 316 Pike St., downtown, (513) 684-4524.

PEANUT BUTTER & JAM SESSIONS

April 7-28: Peter and the Wolf. The Woodwind Family brings this children's story to life in a classical performance. **Tickets:** \$4. Sat 10:30 & 11:30 am. **April 7:** Stained Glass Theater, 802 York St., Newport; **April 14:** Kennedy Heights Presbyterian Church, 6312 Kennedy Ave., Kennedy Heights; **April 21:** Wyoming Center for the Arts, 322 Wyoming Ave., Wyoming; St. Barnabas Episcopal Church, 10345 Montgomery Rd., Montgomery, (513) 381-6868. ☉

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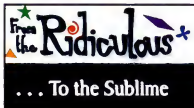
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James Free Jewelers and SouthShore/Capital Investment Group welcomed non-profit leaders and community supporters to a launch party for Cincinnati Magazine's "Social Datebook." Find more photos under the "Snapshots" heading at www.cincinnatiimagazine.com.

1 Darla Wainscott with James Free Jewelers' Michael Karaman.
2 SouthShore's Kathy Bergen and David Bastos. 3 Dr. Frank & Mrs. JoAnne Noyes. 4 B. Gordon and Beth Schiff.

5 Cincinnati Magazine celebrated its February issue with a launch event at the hgregg store in Hamilton. Raquel Loveberry, Cincinnati Magazine's Nancy Stetler and Tommy Loveberry.

6 Over 200 guests attended PFLAG's 15th annual scholarship banquet at The Madison in Covington. Visit www.pflagcincinnati.org to learn more about the group. Caracole's Linda Seiter, Chuck Brown and Rick Kay.

7 Anthony Munoz visits with "Tennis Slam" Co-Chairs Michael & Kathy McGraw Comisar. Sponsored by Kroger, the event raised over \$100,000 for the Emanuel Community Center in Over-the-Rhine.

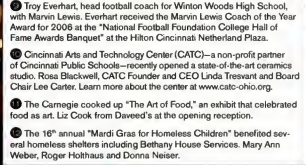
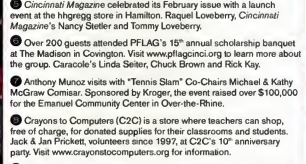
8 Crayons to Computers (C2C) is a store where teachers can shop, free of charge, for donated supplies for their classrooms and students. Jack & Jan Prickett, volunteers since 1997, & C2C's 10th anniversary party. Visit www.crayonstocomputers.org for information.

9 Troy Everhart, head football coach for Winton Woods High School, with Marvin Lewis. Everhart received the Marvin Lewis Coach of the Year Award for 2008 at the "National Football Foundation College Hall of Fame Awards Banquet" at the Hilton Cincinnati Netherland Plaza.

10 Cincinnati Arts and Technology Center (CATC)—a non-profit partner of Cincinnati Public Schools—recently opened a state-of-the-art ceramics studio. Rosa Blackwell, CATC Founder and CEO Linda Tresvant and Board Chair Lee Carter. Learn more about the center at www.catc-ohio.org.

11 The Carnegie cooked up "The Art of Food," an exhibit that celebrated food as art. Liz Cook from Daveed's at the opening reception.

12 The 16th annual "Mardi Gras for Homeless Children" benefited several homeless shelters including Bethany House Services. Mary Ann Weber, Roger Holthaus and Donna Neiser.





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Smoke Signals

A peek inside a nicotine-stained relationship.

I began dating my wife, Angie, about a year ago. At the time she was a recreational smoker, which is a pleasant if somewhat misleading way to say that she smoked only when she was out having beers with friends. It's somewhat misleading because she also smoked occasionally at home (though, in her defense, she'd take her smoking breaks outside). And when she did smoke, she lit up more than Morton Downey Jr.

The person who set us up failed to tell me about Angie's smoking habit, perhaps because he knew it was a big turn-off for me. But with Angie, things were different. I liked her way too much for ultimatums of any sort. In fact, I liked her so much that I told her her smoking didn't bother me. Even worse, I made it a point to enable her habit by picking up her favorite brand of smokes: Marlboro Lights in a hard pack. I didn't even know smokers had the option between soft and hard packs until I was quizzed by a clerk behind the counter at a Shell gas station. She gave me a strange look as I pondered the question and then guessed at what the right answer might be. For Angie, it was a hard pack, even though, I must say, she's one soft woman.

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ODD MAN OUT

I was so infatuated that I made sure to keep a pack for her at my townhouse so she could light up whenever the moment struck. I even bought lighters, including one with the legendary advertising slogan silk-screened on its side: *Flick my Bic!* What better way to say "I love you" than a Bic and a cancer stick? Whenever we went to a bar, I was quick to buy a pack of cigarettes from the bartender or resident vending machine. After a couple of beers, Angie almost always had that look in her eye, the kind of expression that suggested only one thing could set her free. On our first few dates, I assumed that hunger was for me, her suave new loverboy, always eager to please. I learned quickly that I was no match for a nicotine delivery system.

Last summer we traveled to Angie's hometown of Richmond, Indiana, where we stopped by her father's grave to pay our respects. It had been a couple of years since she had been there. I knew it wasn't going to be easy for her, so I brought along a pack of Marlboro Lights and some matches. Through her tears she thanked

me and then lit up. I stood by smug in my model boyfriend behavior, conveniently choosing to ignore the irony that her father died young of cancer.

My willingness to turn my coughing head in another direction and ignore Angie's unpleasant and unhealthy addiction scored me major points. But really, what choice did I have? If I gave her lectures on smoking's ill effects—something she, a trained nurse, already knew better than I did—I would be perceived as a nag, or worse, a pain in the ass. Everything I've ever read in *Cosmo* (while waiting for my hair stylist, mind you) confirms that most women aren't looking for their significant other to be a nag or pain in the ass. Neither is an endearing boyfriend trait.

BY THE TIME WE had taken our trip to Richmond, Angie had announced on several occasions that she wanted to quit, for good. She'd tried before, going weeks, even months, without smoking, but in the end she could never stick it out. I was torn. I wanted her to quit and

stop damaging her lungs, heart, and other body parts, especially since she would have to go nine months without smoking if we got married someday and had kids (something we had talked about doing by this point in our relationship). But there was part of me that enjoyed the easy points that came from being my girlfriend's drug supplier; without her habit, I'd have to resort to washing the dishes or buying cute outfits or something mildly annoying like that to score points.

I knew from firsthand experience how difficult breaking an addiction to nicotine can be. I have never been a smoker, but when I was in high school about 20 years ago, I became addicted to chewing tobacco, specifically Copenhagen. Back then, chewing tobacco wasn't labeled with disturbing warnings about losing your lips and tongue to oral cancer the way it is now. Like many, I chalked it up to being a relatively healthy option to smoking. Before long, I was rarely without the stuff; I "dipped" between classes, sticking my head into my locker to get a fix so that a teacher wouldn't spot me.

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A GOOFY-LOOKING GUY LIKE ME JUST looks goofier when he lights up. Imagine Pee-Wee Herman smoking a cigarette. Or Donald Duck. It isn't so much alarming as entertaining.

It wasn't rare for me to go to bed with a wad of tobacco in my mouth, only to wake up at some point to find my pillowcase stained brown with tobacco juice.

It's gross, I know, but there was no stopping me. My girlfriend at the time, Elizabeth "Pixie" Landorf, tried to get me to come to my senses. I suppose she didn't like making out with a human spittoon. Pixie eventually learned to live with my disgusting habit (Exhibit A: She gave me a Copenhagen ball cap for my 18th birthday). But it was a short-term victory; she dumped me and my dip a few months later for a clean, tobacco-free guy in the seminary.

Without Pixie, the nicotine felt all the more necessary. Sometimes I'd go AWOL from my job at the Hamilton County Courthouse and dash to Walgreen's for a

can of "Cope." After a few half-assed attempts, I came to my senses and made a serious effort to quit. My mother's near-death battle with cancer while still in her 30s was a giant kick in my ass. I went cold turkey. The first two weeks were the roughest of my life as I battled withdrawal symptoms (headaches, anxiety, and a constant urge to put just about everything in my mouth). Once over the hump, though, I never touched the snuff again, nor felt the need to. Now I just obsess over the gruesome possibility of someday losing my lips or tongue, a pretty unpleasant development that I imagine *Cosmo* would most definitely frown on.

WHILE THINKING OF ways to help Angie break her habit, I thought about Pixie and my own previous addiction. I

realized I would not have liked it one bit if she had started dipping. That's a chauvinistic double standard, I know, but had Pixie tried Copenhagen for a few days, I'm sure it would have been enough to get me to stop on the spot. So I hatched a plan to start smoking whenever Angie lit up. This ploy, I thought, would help illustrate how stupid smoking is and eventually guilt her into quitting before she brought me down with her, adding yet another skull and crossbones to smoking's trophy case.

The unforeseen problem with my theory is that some people, particularly experienced and very attractive smokers like Angie, look good smoking. On the other hand, a goofy-looking guy like me just looks goofier when he lights up. On the rare occasions when I have lit up, I telegraph palpable discomfort more forcefully than a politician on the witness stand. And I can't inhale without coughing like a tuberculosis victim. Imagine Pee-Wee Herman smoking. Or Donald Duck. It isn't so much alarming or unsettling as oddly entertaining.

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ODD MAN OUT

So instead I told Angie that I would no longer buy her cigarettes or provide "fire" of any sort. She understood, and I think appreciated that decision. She also appreciated the citizens of Ohio who, last November, voted for the smoking ban in public places. Not being able to smoke at her favorite bars and not wanting to go outside in the frigid winter weather for a smoke gave her strength. It also helped that we were getting married on New Year's Eve, since she'd made a resolution to quit as of January 1. (She wisely thought it best not to go smokeless until after the stress of wedding day had come and gone.)

It's been two months now since Angie has had a cigarette. She's even been out with friends for beer and claims she never thought about lighting up. I'm proud of her and happy for the both of us, but living with a smoker who is no longer smoking is tricky. You want to be as supportive as you can, yet you have to be delicate. For instance, I rented *Thank You for Smoking*, the movie about a fictional lobbyist for the tobacco industry. We both got a kick out of it, and I think it helped to underscore Angie's smart decision to quit. I can't say the same about my other gift: a copy of the newly released book *My Life in Smoke: A Memoir* by Julia Hansen, in which the author tells the story of how she wrestled with her smoking demons for years until, with her husband's support, she chained herself to a radiator for seven days to kick the habit.

I thought Hansen's tale of being shackled to a 40-pound, 72-foot steel chain might inspire Angie and make her feel all the better that she didn't have to resort to such drastic measures. Unfortunately, I think she may have interpreted this gift as a suggestion that she actually chain herself to a radiator. Let's just say that those who have just recently broken their ties to nicotine can be, um, a little touchy. For a few hours after presenting the book, it was as if I had been chained out back to the doghouse.

Take it from me: Even if the implication that your wife or girlfriend may need to chain herself to a heavy piece of metal is true, it's a *Cosmo*-inspired no-no. I'll need to write them about that. ☹

Contact the author at stevekissing@yahoo.com.

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MELISSA DAVIS
HALLER

Risky Business

When "adventure" turns into pure danger, who ya gonna call? Ken Schulteis.

Last summer, the phone rang in Ken Schulteis's Mt. Lookout office. It was a university researcher, calling to say he and a group of herpetologists were headed to South America to hunt deadly snakes. They would bag indigenous breeds, then extract and study their venom. The scientist knew the risks of such labor in the oppressive and tangled badlands of a foreign country, where good transportation and medical care can be more elusive than the snakes themselves.

Problem was, so did the researcher's medical insurance company.

"Everyone else said, 'What the hell? What if you get bit? I'm not covering that!'" says Schulteis, owner of Global Underwriters Agency, Inc. But rather than echoing this incredulity, Schulteis shrugs. Hearing about such death-defying exploits is part of his life—and his livelihood. He has built a business in a unique corner of the world of insurance. He puts together insurance packages for Americans traveling abroad or taking risks that only the most intrepid would consider: working in war zones, hiking across Antarctica, joyriding in an F-16 fighter jet. His agency writes 12,000 individual policies a year, plus group plans, for what has grown into a Who's Who of globetrotters and thrill-seekers. His clients have included *Titanic* director James Cameron; news anchor Ted Koppel; and Jacques Cousteau's grandson, explorer Philippe Cousteau. He has also written policies for performers from the famed Julliard School of Music, for members of the nonprofit conservation group Earthwatch, and for crews taking enterprising treks around the world—like down to the ocean floor to study the sunken *Titanic*—for the Discovery Channel.

Where these exploits are concerned, Schulteis's ability to assess risk has less to do with the staid, conservative world of actuarial tables and more to do with asking the right questions, and lots of them. What are the qualifications of the travelers? Where are they going, exactly? What type of contact will they have with the outside



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Circle K and 7-Eleven

world? What equipment are they carrying? How many days? How many people?

The snake researchers handily passed the test. "They knew where these snakes housed themselves," Schulteis says impassively, sitting in his office chair one recent afternoon, hand on his chin. "They weren't taking a guy 80 years old who couldn't move out of the way. They knew what they were doing." He offered a plan for the 10-day voyage: \$500 per person for enough medical insurance to stabilize them in case of catastrophe and coverage to evacuate them, by air, to a good medical facility. "I suppose I could have charged a heck of a lot more, but they were happy as hell to pay."

After all, in the scope of what Schulteis hears about every day, the snake expedition was quite tame. There was virtually no chance the travelers would be held hostage by Farsi-speaking ransom-seekers, fall into a frozen crevasse, get blown to bits by a roadside bomb, or face incineration in an innovative rocket-powered plane. Schulteis knows that adventures don't all carry the same risk be-

cause he has spent decades discerning the difference between "danger" and "DANGER!!!"

THE OFFICE OF Global Underwriters is at the top of a narrow stairway in an aging building along bustling Linwood Avenue. On the floor outside the entrance is a hint that this isn't your garden-variety insurance agency. Leaning against the wall is a wooden sign bordered by brightly painted flags representing countries from the far reaches of the world. The sign touts benefits you hope you'll never need: "Air evacuation, repatriation, 24-hour world aid assistance." Clients come from around the United States, a handful of them from Cincinnati, and often go outside it.

At 70, Schulteis is as gracious as he is portly, a fact that's revealed by the deadpan jokes he delivers from behind the piles of paper that cover his desk. This afternoon he's bantering with his 41-year-old son, Peter, who joined the business a decade ago. They're chatting about famous clients when Peter men-

tions XCOR Aerospace, a company that's designing a rocket-powered plane it plans to use in space tourism. Schulteis points out that although they've put together an insurance plan for the company, he isn't among the 100 or so people who've signed on for a \$25,000 ride.

"Cause there's a weight limit," Peter quips.

"Well, actually, I'm waiting for the double-rocket version," Schulteis replies, straight-faced.

Growing up in Chicago, Schulteis was something of an adventurer, skiing and mountain climbing. "I've spent the night in a sling basket on the side of a mountain," he says. "It was bloody uncomfortable." That was in the late 1950s, about the same time he started selling life insurance to fellow students at the University of Colorado, which he attended on a baseball scholarship. He recalls that the policies were a tough sell, noting that, "students are flakier than flake." Undeterred by rejection, he joined Manufacturers Life (now Manulife) after college, where he worked as an agent in a num-

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ber of locales before he and his wife settled in Cincinnati.

In 1973, Schulteis started his own agency. At first he sold regular life and medical policies, many of them to high-risk customers with extreme high blood pressure or chronic illness. "I got sort of a reputation," he explains. "If you have a special risk, it was 'Call Schulteis. He'll take care of you.'" Then calls started coming from businesses hosting foreign visitors, and a new market was born. "They'd call and say, 'We've got five Japanese people coming in for training and they need insurance,'" he says.

The time was right. More Americans were traveling on business, and typical medical insurance is void when you leave the country. Special needs, such as evacuation in the case of disaster, are not covered without specific policies. So, in 1994, Schulteis began selling insurance for international travel working up policies for everybody from tourists to church missionaries, contractors, and expatriates working abroad. He now specializes in international travel insurance, as well

as policies for extreme danger activities in the U.S. and around the world.

He is an early comer to what Claire Wilkinson, vice president of global issues for New York's Insurance Information Institute, says has become a growth area in the market: high- and specialty-risk policies. Insurers, she says, are "developing new products to meet needs of new and emerging risks." Now much of Global's work comes through referrals from mainstream insurance agents.

Schulteis and his 11 employees are what the insurance industry calls program managers. They research the activity and the people involved, check out whatever actuarial numbers are available, then design policies and secure appropriate coverage from mammoth companies such as AIG and Lloyd's of London. Then they come up with a price, which in itself can be a mix of art and science. In the case of the snake expedition, for example, they might find data on the chance of a specific snake bite killing a human; the number of times snakes have bitten humans; and the kind of care

available in international hospitals. But there's still a lot of guesswork, because no matter how you juggle the numbers, hunting deadly snakes in South America isn't an everyday event.

IT SEEMS THAT, in general, people just aren't very good about deciding what's risky. There's a theory called the "availability heuristic." Simplified, it means that most people base their prediction of a catastrophe on how vivid and emotionally affecting the event is, rather than using actual probability to assess an activity's risk. So we fret about the avian flu, avoid the ocean when shark attacks hit the news, and change our daily habits in fear of a terrorist bombing. Yet we still smoke and overeat, even though the chances of dying from cancer or heart attack are far greater than being struck down by a terrorist, a shark, or an infected duck. In November, *Time* wrote about this peculiar tendency for people to confuse real and exaggerated risks. University of Massachusetts probability expert Nassim Taleb told *Time* that dra-

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matic television images impact the way we view risk, and that people just aren't disciplined in considering the real risk between, say, one chance in one thousand and one in 10 million. "Both sound small, but one is ten-thousand-fold more likely," he told the magazine.

This sounds in line with the case of a Schulteis client who planned a joyride in an F-16 fighter. It sounds dangerous, for sure; if it didn't, the middle-aged guy living out his fantasy wouldn't have called Schulteis for insurance. But really, what's the risk? Not so much, says Peter. F-16 pilots are well-trained, the jets highly tuned for flight.

Ah, but then there's habituation. That's the tendency to downplay a risk the more you're exposed to it and not harmed. This can come into play with adventurers who've gotten so used to living on the edge—quite literally, in the case of mountain climbers—that they might not consider their trip all that dangerous. Which can lead to unnecessary risk-taking.

With his calm demeanor and first-hand experience, Schulteis has become a master at spotting this. He vets clients, identifying those who might be tempting fate with poor preparation and whimsy, by delving deep into travelers' plans and imparting his own requirements and experience. "Someone will call and say they're climbing Everest alone," he says. "I'll say, 'What makes you so experienced?'" He wants to know where they're going, what they'll do if they don't get there, how they're communicating with the outside world, and how they'll deal with emergencies. "If you're doing a lot of this ad libbing, I might double or triple the cost," he says. Or decide not to take you as a client at all.

But all conversations start with Schulteis asking potential clients what they *think* they need. "They come to us and say 'I need \$1 million in medical insurance coverage while I'm in Africa,'" he says. "Well, if you're going to spend \$1 million on medical insurance in Africa, you'll be dead." Medical care is limited in many parts of Africa, and much of the blood is tainted with HIV. If you're hurt there, Schulteis says you need to be stabilized and quickly evacuated to a modern facility. In short, you need a little health coverage and a lot of evacuation coverage.

Schulteis is at ease talking about even the most improbable or barbaric possi-



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bilities. When news broke that environmentalist Steve Irwin had been killed by a stingray barb, Schulteis knew Global wrote the policy for Cousteau, who was on the boat with Irwin that day. "I heard it on the news and I called Lloyd's to see if we had Irwin covered, too," he says. They didn't, but Global has written many policies for people climbing Mount Everest, and covered a guy hiking across Antarctica a few years ago. Two weeks: \$21,000.

One of the fastest-growing sectors of Global's business comes from Iraq. The company specializes in Defense Base Act coverage, which is insurance that companies with regulations the Department of Defense sets for contractors working with international projects connected to federal money. Schulteis has written policies for people who do everything from patrol the treacherous streets of Fallujah to those, he says, "cleaning latrines in Guantanamo Bay."

"What was the outfit that got blown up over there?" Schulteis asks Peter matter-of-factly. It was Blackwater Security, a contracting company that lost three employees in an explosion in Iraq in 2004. The men had policies through Global. Iraq is also a popular place for kidnap and ransom insurance, another Global specialty. Lloyd's has extensive knowledge and resources on such coverage, from translators to negotiators and those who understand the business of kidnappers. Kidnapping is a business in some countries, Schulteis says, and it's best left to those who understand it. "You're buying insurance to find the people who can do the negotiations," he says. "Spanish-speaking, Farsi-speaking, whatever. If they're asking for \$200,000, we might get them to take \$30,000. The worst-case scenario is when you can't negotiate a dollar amount and you take the guys in with guns."

Catastrophes do happen to his clients from time to time. But the majority of travelers are like last summer's snake hunters: they go; they have their adventure; they return unscathed.

Perhaps surprisingly, Schulteis doesn't crave adventure. He spends winters at his home in Marco Island, Florida, with his wife, and doesn't have any plans to take any dangerous trips. He's been "invited" to Iraq a few times, but he shakes his head. "I'm not going," he says. "I can't afford the Defense Base Act coverage." ❧

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LARRY NAGER

A Clip Before Dying

*Tony the Barber and the “good old days”
of Northern Kentucky crime.*

Murder. The easiest thing there is, is murder. You don't know them. They don't know you. You walk in. Bam! You walk away.”

With his slicked-back hair, narrow moustache, and black leather jacket, Tony the Barber didn't look or talk much like a paralegal, one of his final career choices in a life that can only be described as “colorful.” As he told it, before becoming a legal intern for Covington attorney Charles H. Schaffner, Tony had been a blackjack dealer, pimp, armed robber, independent contract killer, and—true to his nickname—a barber. He learned to cut hair during one of his stints in prison and even had a shop in Latonia for a while. Always alert to alternative revenue streams, he also ran an illegal horse book out of the back.

By the time we met in 2004, that was all behind him. Tony, born Wayne Anthony Stuart Stratton, was 70 and in the final stages of a decade-long battle with cancer. We met when I was news editor for *The Sunday ChALLENGER*, the short-lived weekly published by Northern Kentucky's billionaire businessman and civic booster, Bill Butler. I was doing a story on what appeared to be a racially motivated police beating and illegal arrest of Mexican-American Covington restaurateur Tino Barbosa. As I interviewed Barbosa one day, Tony arrived with some legal papers from Schaffner, Barbosa's attorney. Over the next couple of weeks, I ran into Tony several times while working on the Barbosa piece and we became friends.

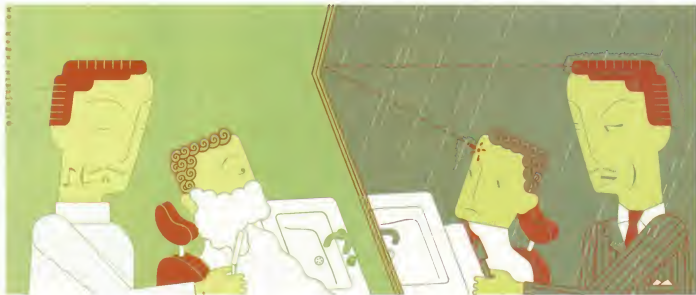


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Doctors had told him cancer would kill him within the year. Knowing his time was short, Tony wanted his story told but not published until after his death. Seeing the *Challenger's* willingness to take on the Covington police, Tony trusted me to tell his story, which he hoped would become a book, providing him immortality of a sort.

Despite his violent history, Tony was a very charming, likable guy, which, as any psychologist can tell you, is typical of sociopaths. And he had a great story—one that told of the days when Northern Kentucky was a wide-open gambling and pleasure destination. It was all illegal, of course, but Northern Kentucky was isolated from the rest of the state by hilly terrain and bad roads and was under the protection of corrupt local officials. Kenton and Campbell Counties became Sin City border towns, our own Tijuana-on-the-Ohio.

It was a world very different from the Northern Kentucky of today, which prides itself on being a booming business and real estate development capital. These days, the local criminal class is of-

ten of the white collar variety, wearing business suits or golfing attire and working out of industrial parks and high-rise office buildings, where shady dealings are more likely to involve real estate than bust-out poker games and whorehouses.

Tony saw the irony in those changes. When U.S. Attorney General Robert Kennedy cleaned up organized crime in Northern Kentucky in the early 1960s, adding federal muscle to the efforts of local reformers, he simply opened the door for the police and the politicians to cut out the middle man and fill the void left by the gangsters. "When the mob left town, the cops just took over," Tony told me. "They started making collections. Bars had to pay protection direct to them."

It didn't make things any easier for an independent operator like Tony the Barber, but he didn't let it stop him. He was used to the hard-knock life.

THE SON OF a stripper and a professional gambler, Tony (his confirmation

name) left Northern Kentucky at 17 to join the Army and fight in the Korean War. He returned a changed man. Today, they call it "post-traumatic stress disorder"; back then, it was "shell-shock." Whatever you call it, he came home a killing machine on permanent mental disability.

"I blame the Army," he told me during one of our talks. By then we were meeting every few weeks. The book *Tuesdays with Morrie* was popular at the time—the story of a journalist's conversations with an older, dying mentor. I'd taken to visiting Tony the day after we put the *Challenger* out, so I jokingly called our talks "Mondays With Tony." We'd meet at a bar or, later, when he was too ill, I'd visit him at his apartment in northwest Covington, and as long as his voice held out, he'd talk about his life. With his pedigree, he was probably destined for life on the wrong side of the law. But he believed it was his military experience that made him a violent criminal.

"When you're 17 and they teach you to kill, they make it to the point where they brainwash you and they get you mad, and the madder you get, and the crazier you are, you overcome this guy and you'll win," he said. "You strike first; you kill first. You don't try to hurt 'em; you kill 'em. It's like the sergeant told us, 'It's like killing rats, just shooting rats.' You get immune to death. You think that nothing can touch you. Then they send you back home."

Back in Greater Cincinnati, Tony, then 19, was a WMD with a very short fuse. He wasn't on the streets for long. "I got arrested over in Cincinnati. Got in a fight, really hurt a guy. It was my fault. I was 19, drunk, angry at the world. Couldn't find a job." He was sent to the prison in Mansfield, where he learned a trade, barbering. Released in 1959, he broke parole and headed for Newport, where he found work dealing blackjack in a casino owned by the notorious gangster Frank "Screw" Andrews.

The hotheaded youngster was soon doing "favors" for Andrews and had begun a career as a pimp, although he insisted he was a kinder, gentler breed of pimp, treating his whores better and taking a smaller share of their income. But he could afford to be generous because he had another, even more lucrative job.

"In Newport," he explained, "everybody else had another gig on the side.

TONY THE BARBER'S Guide to Life

Unlike Mitch Albom's time with Morrie, my talks with Tony the Barber didn't change my life. To me, he was, despite everything, a nice old guy who happened to have a great story. Had I been a younger man considering a career in crime, our time together would probably have convinced me otherwise. Here are a few of his life lessons. —L.N.

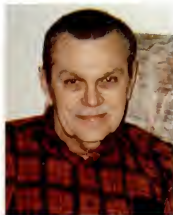
No Evidence >> "If I killed a guy with a gun, I broke that gun up, and them pieces were so far scattered that they'd never put the gun together again."

Live to Fight Another Day >> "The old guys taught me, you come out of a place, you got a gun in your hand, a cop comes up on you, you throw that gun down. Raise your hands. 'Cause you can beat those things in a trial, but you can't beat killin' a cop."

Maintaining Standards >> "We'd go in to rob something, the money had to be there. I'm not talking about no two-bit convenience stores. One thing I was proud of, I never had to hit a guy in the head for two dollars."

Being a Model Boss >> "Those other [pimps], they took all their girls' money. I took half, 'cause that was their money, they was working for it. I got them babysitters. I got them doctors when they needed it."

Drop for Success >> "You can be dead broke, but man, put on a suit, get out with a suit—no Levis, none of that."



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SOUTHERN EXPOSURE

You ask anybody in Newport, any cop, and they'd tell you, 'Why, that's Tony the Barber, the pimp.' They didn't know I was an armed robber. But I did over 100 armed robberies before they caught me."

He spent much of the 1960s, '70s, and '80s in and out of jail on various charges, from armed robbery to "white slavery," a quaint name for running prostitutes across state lines. He had a sharp mind and used his time "in the walls" wisely, learning construction contracting and paralegal skills, as well as broadening his national organized crime contacts with such noted gangland figures as Joey Naples of the Pittsburgh mob.

Much of his criminal activity consisted of "inside jobs." He told me he would burglarize wealthy homes so that owners could collect on their insurance as well as get a share from the sale of the stolen goods. Another specialty: shooting thoroughbred racehorses so their owners could collect the insurance.

I have to admit the latter shocked me, since, unlike the mob killings Tony described, the only thing those horses had

done was lose a few times too many. When I expressed this to him, he was quick to reply: "If you've got \$100,000 stuck in a horse, and your baby's sick or your wife's about to leave you or you're about to lose your business, you'd be glad somebody'd kill the son of bitch so you can get your insurance."

It was one of the few times I saw Tony angry, but then, it was also one of the only times I questioned his actions.

PIMPING, OR "RUNNING girls," as he called it, remained Tony's steadiest line of work well into the 1980s. But the times were changing. When he was growing up in Northern Kentucky in the 1940s, the area was wide open. So wide open, in fact, that, after his parents split, his new stepfather was the well-known pimp and casino owner "Big Jim" Harris. Harris operated the Hi-De-Ho Club in Wilder, where he had few problems with the law, seeing that he was also the town marshal.

But when federal law enforcement teamed with a local grassroots reform

movement in the 1960s to shut down the casino scene, the bordellos in the area quickly declined, too. Reform was in the air and prostitution took to the streets—and to the Newport strip clubs, where a \$100 bottle of Cold Duck bought customers the "company" of one of the "dancers."

Tony continued working as a pimp, the world's second-oldest profession, long after the federal cleanup, basing himself here (he had connections with the Indiana mob as well) and traveling around the country to enlist women to work in various clubs. "We always dressed sharp and drove new Cadillacs," he said. "I know every whorehouse in the state of Nevada. That was my old stomping grounds. I used to get out there every year."

Tony grew nostalgic when he would talk about the good old days of Northern Kentucky crime. "Newport was different," he mused. "Newport people were families. The mother's a prostitute, father's an armed robber, con man, bank robber. We were family, we had respect. Not like it is now. There was no dope.

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Maybe take a shot of cocaine now and then, but that's all." He was careful not to get hooked on anything. "Anything that ever took a hold of me that I thought was good, I quit," he said. "Except the cigarettes."

Tony never really stuck with anything for very long. (Just ask any of his six ex-wives.) Along with pimping and armed robbery, he also worked at the straight jobs he learned inside the walls, overseeing construction crews and cutting hair, along with doing occasional "favors" for people. Then in 1990, he was diagnosed with cancer. The disease spread rapidly, doing what the North Koreans, rival gangsters, and police had all failed to do. Tumor-wise, he had it all over—colon, lungs, throat—the full monty of malignancy.

In his final months, Tony was still on the lookout for any hustles that might come his way. He kept business cards for various legitimate jobs, including limo driver. He owned a bar in Covington called Scooter's, but because of his criminal record, ownership was in the

name of his girlfriend of 11 years, Anne Holsclaw. Unaware of just how little a journalist makes, he'd often call me to invest in Covington buildings for a quick turnover or buy one of the bars he knew were for sale at "bargain" prices.

But he was running out of time. Riddled with cancer, the old gangland soldier was fading fast, looking more gaunt each time we met. He kept his black cashmere overcoat in a place of honor in the closet, next to his favorite black suit, hoping for one more chance to take Anne to one of the Indiana casinos. He never regained enough strength to make the trip.

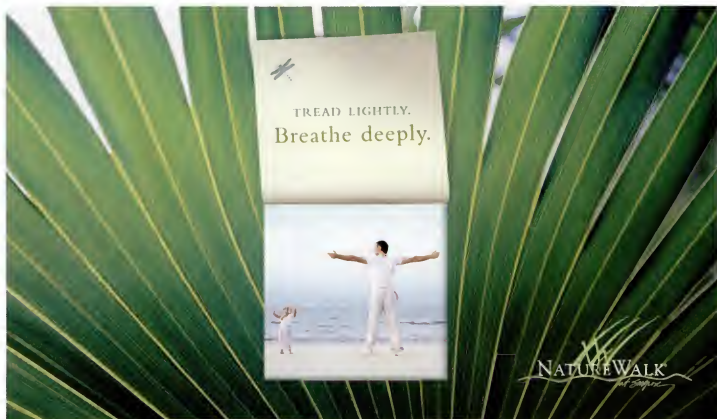
He was 71 when he died on September 1, 2005. The last time we spoke was late that summer, a few weeks before he passed away. He expressed remorse over the dozen or so men he said he'd killed. "The thing that never ever leaves you is that, when you're going to sleep, their faces all pop up at you, all the rest of your life," he said. "It never leaves."

By then, he was on OxyContin, slipping in and out of lucidity. The drugs and the cancer were also paralyzing his bow-

els, so one minute he might be telling a story of wild gangland sex-and-drug parties; the next, like any sick old man, he'd complain of chronic constipation.

In that last conversation, he was more solemn than usual, expressing regret over his failed personal life, his half-dozen marriages, the children he never got to know. He wondered what his life might have been like if he'd taken a different path, if he hadn't gone into the family business and used his considerable intelligence to go straight instead.

"I had to live my life as, really, a lie," he said, speaking haltingly, skin so pale it was almost transparent. "I could have been a lawyer, a construction engineer. I could have been anything I wanted to be. But I never connected when I came back here after the war. I just never connected with people." Moments later, he seemed to snap out of that mood, shaking off the self-pity. "I don't think I'd do anything different," he told me. "I lived on the edge all the time. I lived for all the excitement and I couldn't live any other way." He knew himself all too well. ●



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PAMELA MILLS
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A New Maneuver

The circular history of a life-saving procedure.

Someone near you is choking. Or imagine it's *you* struggling to breathe, that once-delicious, now-deadly chunk of porterhouse lodged in your windpipe. What would you want someone to do? If you said "Heimlich me," you're like most people. For decades, the Heimlich Maneuver, introduced in 1974 by Dr. Henry Heimlich, then chief of surgery at Jewish Hospital, has been as strongly associated with choking as Elizabeth Taylor has been with divorces and diamonds. However, if the American Red Cross (ARC) has its way, that's about to change.

Last year, the ARC changed its first aid training regarding choking. Now, rather than using abdominal thrusts—i.e., the Heimlich Maneu-

ver—on a conscious choking victim, they're training people to respond first with five back blows, then five abdominal thrusts, if the object is not dislodged by the back blows. ARC press releases urge people to "remember 'five-and-five' for choking."

Considering the fame of the Heimlich Maneuver, it seems like it'll take more than a snappy catch phrase to catch on. Is there a person alive who hasn't seen the maneuver demonstrated? What prompted the ARC to change a first aid procedure that's easy, effective, and famous?

The reason for the change, according to the ARC, is simple: it has to do with research. But explore how the maneuver came to be choking's gold standard in the first place, and it's evident that nothing about the procedure has ever been simple. It raises a disquieting truth, the sort of thought you don't want to have flash through your mind if you're gagging on a piece of gristle: Does anybody really know what to do?

IF YOU TOOK a first aid course in the 1950s, you probably would have been taught to assist a conscious choking victim by soundly thumping him or her on the back. But in the early 1970s, Henry Heimlich found another way.

Heimlich conceived of what became known as his "maneuver"—a quick, sharp, upward thrust performed by standing behind a victim with your arms wrapped around his upper ab-



ILLUSTRATION BY HEADCASE DESIGN

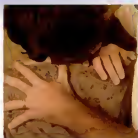
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domen. Experimenting on anesthetized beagles (and, later, volunteer doctors), he determined that this maneuver was more effective than back blows. He also concluded that back blows would actually lodge an object more tightly or even drive it in deeper.

An associate of Heimlich at the time, Edward Patrick (today an ER physician in Union, Kentucky), constructed an "energy model" to describe how energy expelled a foreign body airway obstruction. Back slaps resulted in more pressure than energy, Patrick posited, and it was energy, more than pressure, that removed an obstruction.

Heimlich published their results in 1974, but the medical community remained unconvinced. So Patrick and Heimlich took the maneuver directly to the public, demonstrating it on television talk shows and asking folks who had either used the maneuver or had it performed on them to get in touch and share their stories. Thousands did. Heimlich also very publicly took on the ARC and American Heart Association (AHA) for their refusal to embrace his technique. In medical journals and consumer magazines, he called back blows "death blows," and accused both organizations of foisting a deadly method on the public.

Less public was the way Heimlich's effort may have impacted decisions made by those two organizations. The backstage drama of how the Heimlich Maneuver replaced backslaps in the AHA's choking guidelines, which the ARC mirrored in their own training, is available now, thanks primarily to Heimlich's estranged son, Peter, who has spent the past five years collecting material that he believes discredits his father's work. (*Cincinnati Magazine* reported on the father-son feud in December 2005.)

According to a June 1980 AHA memo, Heimlich's opinions were presented and discussed at the AHA-sponsored National Conference on Standards for Cardiopulmonary Resuscitation and Emergency Cardiac Care, held in Dallas. This conference included a session on choking attended by more than 100 experts on the topic. The memo's writers—Howard L. Lewis and Christopher Land, who served in the communications division of the AHA science information section—stated that the attendees, by consensus, decided that it was not possible

THE BROUHAHA SURROUNDING THE MANEUVER

was becoming detrimental, the memo warned. "If this confusion affects the willingness to take CPR training, lives that might have been saved will be lost."

to "designate any single technique as the only recommended method in all instances of choking." It was decided that the new standards would "reiterate that a combination of back blows and abdominal thrusts (the Heimlich Maneuver) is more effective than either technique used alone. Evidence presented at the conference clearly showed that back blows can save lives."

Because the evidence indicated that no single method is *always* successful, the memo said, training programs should use a combination of methods. It was decided that the sequence for a conscious choking victim would be "four quick back blows" followed by "four upward abdominal thrusts or four backward chest thrusts" if the object wasn't dislodged.

This memo was intended to update science and medical writers and the media, as well as counter another one of Heimlich's very public campaigns: pushing to get his maneuver inserted into the guidelines for cardiopulmonary resuscitation. "CPR is used by trained laymen to attempt to save heart attack victims in the first few minutes following their attack," Lewis and Land explained in their memo. "CPR has a much greater potential for saving lives than the Heimlich Maneuver because more than 350,000 people die each year of sudden heart attacks compared to the estimated 3,000 people who choke to death."

The brouhaha surrounding the maneuver was becoming detrimental, the memo warned. "If this confusion continues and it affects the willingness of laypersons to take CPR training, lives that might have been saved will be lost."

EVERY FIVE YEARS, international teams of experts in cardiopulmonary resuscitation gather to review new scientific evidence to see if any of the guidelines need to change. When the 1985 conference on guidelines for CPR and emergency cardiac care rolled around, Heimlich was there again, urging that his maneuver be adopted across the board: for a

conscious choking victim; for an unconscious victim in the CPR sequence (where an airway obstruction is suspected); and as a first response for drowning.

According to Mary Fran Hazinski, the AHA's senior science editor for emergency cardiovascular care and a clinical nurse specialist in pediatric emergency and critical care at Nashville's Vanderbilt Children's Hospital, little new choking research or data was presented at that conference. What there was came from Heimlich, in the form of anecdotal case studies from small groups of patients. "These [case studies] are rated at a very low level of evidence," explains Hazinski, who didn't attend the 1985 conference but is familiar with its history. "Today they would not be given much credibility at all. But at the time, they were the only level of evidence available on choking."

James Atkins, a Dallas physician who sat on the emergency cardiac care committee and was present at the consensus conference that year, explains that all the data they had on choking—back blows or otherwise—was anecdotal; it was, and still largely is, the nature of the beast. "You can do anecdotal studies, and animal studies, and anesthetize patients and measure certain things, but this is different from human data where people actually experience obstructions," says Atkins. "Obstructions are all different, and the anatomy is different, the agitation level is different. And frankly, Heimlich had more anecdotal data."

Ultimately, the 1985 conference adopted the Heimlich Maneuver for choking and also inserted it into the CPR sequence in situations where an airway blockage was suspected. Charles Guidner, an anesthesiologist and consultant to the AHA's emergency cardiac care committee from 1973 to 1980, thinks he knows why.

Guidner, now retired and living in Everett, Washington, had read Heimlich's 1974 study and thought it was a great idea. "It made sense to me," he recalls. He decided to repeat the study on

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human volunteers, and expanded it to include comparisons between back blows, the abdominal thrust, and also a chest thrust, which no one had yet applied to the conscious choking victim. Guildner discovered that, compared to back blows and the maneuver, the chest thrust produced higher peak pressure and greater volume, meaning that chest thrusts could be more efficient at dislodging an obstruction.

When he reported his findings to Heimlich, Guildner says, the doctor became angry and said the work had no value. Accusing him of unethical practices because of his use of human volunteers, Heimlich filed complaints against Guildner with a variety of associations, including the AHA, the American Medical Association, and the American Society of Anesthesiologists, as well as at the hospitals where he practiced.

Guildner was eventually absolved of all charges, but the investigation had a chilling effect. "I think what happened to me caused others to stop and think before going up against Heimlich," he says.

SO WAS BADGERING, not science, the reason for the switch from back blows to the maneuver? Dr. William Montgomery, who chaired the 1985 CPR conference and currently practices in Hawaii, and Dr. Roger White, who chaired panel discussions on the management of foreign-body airway obstructions and who currently serves as consultant and professor at the Mayo Clinic, told me via e-mail that neither Heimlich's antics nor concerns over the AHA's and ARC's reputations had anything to do with the decision—although they both recall that there was no especially compelling evidence or argument in favor of the maneuver.

However, in a 2004 e-mail to Peter Heimlich (who corresponded with White using a pseudonym), White is significantly less blasé about Dr. Heimlich's role. "There was never any science here," White wrote. "Heimlich overpowered science all along the way with his slick tactics and intimidation, and everyone, including us at the AHA, caved in."

When I asked him to explain this apparent discrepancy in his point of view on the medical establishment's adoption of the Heimlich Maneuver, White continued to insist that Heimlich exerted no influence whatsoever over the committee. "The only 'intimidation' would perhaps have come from some media pressure that always surrounded Dr. Heimlich," he stated in an e-mail. He added: "In the end, our recommendations did not please Heimlich"—the group at the 1985 conference deemed the maneuver too dangerous for infants, and also declined to adopt it for drowning victims—"so I would hardly call that caving in."

As for Heimlich's reputed browbeating, James Atkins, who was present for those discussions, says that the scientific community was not as genteel then as it is now. "It wasn't considered unusual to say, 'You idiot!'" he recalls. In those more contentious times, he says, Heimlich's behavior "would not have had much of an influence." According to Atkins, the maneuver had become a big is-



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sue and the public was doing it anyway, so the decision was made to accept it, make it teachable, and put the attention back on cardiac arrest guidelines. "We thought, let's just take the Heimlich evidence; we have nothing to support back blows," he says.

Still, Guildner sees things differently. "I think Heimlich had a great deal to do with the AHA accepting the maneuver," he says. "His diatribes wore people down. They just wanted him to be quiet and go away, and one way to do this was to give him what he wanted."

In the summer of 1985, then-U.S. Surgeon General C. Everett Koop received a letter from Edward Patrick in which Patrick alerted Koop to the changed guidelines and put forward Heimlich's contention that backslaps were dangerous and ineffective. (There also were, and still are, concerns about the potential for serious injury from using the maneuver. Case studies have chronicled maneuver-related damage such as ruptured spleens, livers, intestines, and aortas.)

Koop got on the Heimlich bandwagon.

In *The Washington Post*, he called the maneuver "the only method" that should be used for choking (though for children under one year Koop still advised back blows) and urged that other methods be immediately discarded. An outspoken advocate, Koop described the Heimlich Maneuver as "the best rescue technique in any choking situation."

With the endorsement of the Surgeon General, the status of the Heimlich Maneuver for choking rescue was assured.

NOW, FAST FORWARD two decades: the American Red Cross has—rather suddenly, it seems—changed its training again.

In a nutshell, here's the "five-and-five" choking response developed by the ARC: If the person is conscious and choking, lean him forward and give five sharp back blows between the shoulder blades followed by five quick abdominal thrusts if the object isn't dislodged. It's virtually the same procedure outlined in the AHA's 1980 memo.

The change came on the heels of the

2005 international conference on CPR. Once again, experts from around the world reviewed the resuscitation and choking evidence. Most of the research they looked at came from the 1970s, '80s, and '90s (which presumably would have been considered by previous conferences), but added to the mix was a 2004 study about pediatric airway obstruction from the journal *Prehospital Emergency Care* and a 2000 study from *Annals of Emergency Medicine* that examined telephone-assisted Heimlich Maneuvers. It seems like scant new information was available. But apparently new and old data together were somehow compelling enough to the ARC to put backslaps back in the picture.

Dr. David Markenson, who chairs the ARC advisory council on first aid and helped develop the new guidelines, explains that they decided to follow the document produced from the conference (entitled *Consensus on Science and Treatment Recommendations*, or CoSTR) "to the letter." CoSTR acknowledges that it's unclear if back blows, abdominal thrusts,



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MEDICINE

or chest thrusts should be used first, but states that all three methods can be effective: "These techniques should be applied in rapid sequence until the obstruction is relieved: More than one technique may be needed."

So why have they decided to train people to try back blows first? That's not the most important part of the change, Markenson says in his e-mail response to my question. "The issue is the number of methods that should be used to help relieve a [choking victim]," he writes. "The research is clear that more than one method should be used. We must teach what the latest scientific review shows is best. To do any less would be to deprive the public of the best chance for survival."

It's a change that suggests that assisting a choking victim is a sort of frantic, try-anything proposition. That's unsettling, but not necessarily inaccurate. As James Atkins has pointed out, each choking emergency is different. No one can say with certainty what method works best the majority of the time. The five-and-five sequence "is probably the most logical move at this time," Atkins states. "From the limited data that is present, it sounds like the most reasonable approach."

Now that the decision has been made, the task remains to get the word out. The change was made a year ago and, so far, it doesn't seem like many people are aware of it. But ARC spokesperson Pam King says that the organization is going through a sequential process: ARC instructors had to be updated and trained first. That's been done, so now it's the public's turn. The new choking posters are hot off the presses, and local ARC personnel are starting community outreach, she says.

And what does Heimlich, who spent so much of his career defending his maneuver against all comers, think of this change? Heimlich, now 87 and still living in Cincinnati, did not respond directly to questions for this article, opting to communicate instead through his publicist.

"I am gratified every day when I reflect on the thousands of lives that have been saved since the Heimlich Maneuver was first reported in 1974," he says. "I think that record clearly demonstrates its effectiveness."



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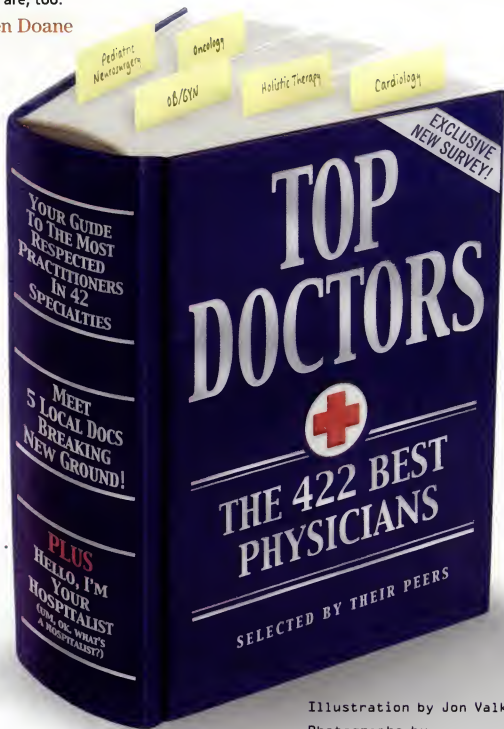
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This city has a long history of medical innovation.

Daniel Drake founded the first medical college west of the Alleghenies here. Albert Sabin developed an oral polio vaccine here. George Rieveschl created Benadryl here. This year, as part of our Top Doctors package, we focus on **five local physicians** tackling breast cancer, migraines, sports injuries, holistic care, and children's brain tumors with the same verve and commitment as their predecessors. We also spend a day with a **hospitalist**, one of the newest specialties to enter the lives of patients. And we give you the results of **our exclusive survey**: Greater Cincinnati's most respected physicians—all 422 of them, in 42 specialties. We're feeling better already. We hope you are, too.

By Kathleen Doane



see
page
108

Illustration by Jon Valk

Photographs by
Jim Talkington/Daylight Photo



Dr. Kerry R. Crone

Expertise: Pediatric Neurosurgery

Objective: To restore normal function to children with brain tumors and skull deformities.

Director of pediatric neurosurgery

at Cincinnati Children's Hospital Medical Center (CCHMC) is a high-stakes job. On an average of three times a week, Dr. Kerry R. Crone operates on the brains of children to remove tumors or to correct malformations that threaten to end their young lives. Sometimes his patients are only a few weeks old. Early on a Friday afternoon between meetings and consultations, Crone sits down to talk in his office on the seventh floor of Building A at Children's. At 54, he appears easygoing, no doubt a persona developed to help patients and their families get through what is assuredly one of the most fearful experiences of their lives. "Developing a relationship with parents and earning their trust in such a short period of time is much more difficult than the surgery itself," he says.

Crone grew up in a small town in northern Ohio, the son of a mechanic who repaired farm machinery. "Being a surgeon isn't really a so different," he says, laughing. After graduating from the University of Cincinnati College of Medicine in 1978, Crone completed eight additional years of training in neurosurgery at North Carolina Baptist Hospital in Winston-Salem and The Hospital for Sick Children in Toronto. For the past 20 years, he has practiced pediatric neurosurgery at CCHMC. When he started, Crone was often presented with cases that were deemed inoperable.

"Before modern imaging technology, it wasn't possible to see many of the tumors," he explains. Even if a tumor was visible, it wasn't always possible to remove it without causing further damage. "Now, not only are we doing far more invasive surgery, but we also are doing it in a much safer fashion," he says. Crone has been a leader in the development of endoscopic neurosurgery—using small incisions and tiny instruments attached to fiber-optic viewing devices—to repair cranial defects and to do biopsies on certain types of brain tumors.

Last fall, Crone saw the realization of a dream that had been 15 years in the making: the opening of the BrainSUITE at Children's, which he describes as "the most sophisticated surgical suite in the world." The idea was hatched during a trip Crone and a radiologist colleague took to Chicago years ago to learn more about a new concept for an operating suite that combined imaging technology with traditional surgical procedures. Based on their confidence that someday such technology would transform pediatric neurosurgery, the hospital took a leap of faith and set aside space for the future. The future arrived last October when their first fully integrated operating suite opened. "A lot of it is automated, with information being scanned and transferred to the surgical equipment," Crone explains. "It's not quite robotic brain



surgery, but we're moving closer and closer to that."

Whatever the technological advances, Crone hasn't modified the way he approaches each surgery. "I rehearse in my mind for days leading up to it," he says. And he continually checks himself: "Have I overlooked any detail or bit of information that might be useful?" The ultimate payoff from a good outcome often pops up unexpectedly in an e-mail years later. "Every few weeks I'll hear from an old patient," he says. One man, who was 9 years old when Crone operated on an aggressive tumor in his brain, recently wrote to say that he had gone to college, was now a high school teacher, married, and the father of three children.

"I've probably done over 6,000 procedures in my career," he says. "Those are the kinds of stories that drive me." ☐



Dr. Lisa Mannix

Expertise: Migraines

Objective: To help patients get their headaches under control.

By the time most patients pay their first visit to the West Chester offices of Dr. Lisa Mannix, their migraines are affecting every aspect of their lives. In some cases, it's nearly impossible for them to work, have normal relationships, or manage the routine of daily life during an attack. In addition to the piercing pain in their heads, they often feel nauseated and can't bear light or the slightest motion. And here's the kicker: Most have been suffering for years. Only half of the people who have migraines are ever properly diagnosed.

"Many of my patients started having episodic headaches when they were kids, but they didn't get diagnosed or treated," Mannix says. "Later, they started self-treating with over-the-counter drugs." Many eventually made periodic trips to the ER for pain medication, but that only helped for a while. As the condition worsened, they began to accumulate other symptoms—depression, insomnia, and stomach problems from all of the drugs. Mannix understands their suffering: She is one of 30 million Americans afflicted with migraines.

Mannix's headaches began when she was in medical school at the University of Cincinnati, which is not too surprising, since stress is a primary trigger. Migraines also are hereditary. If one parent suffers from them, there is a 50 percent chance the children will, too; if both parents have them, the likelihood rises to 75 percent. Mannix's mother had migraines, though to her knowledge was never diagnosed. Curious, and driven by the pain, Mannix sought help for hers from one of her med school professors, Dr. Robert Smith, known worldwide for his headache research. Smith eventually suggested that she focus her practice on the treatment of headaches, but it wasn't until her tour at an outpatient headache clinic at the Cleveland Clinic, where she did her neurology training, that she decided to study them. "It was the early '90s, when Imitrex was just emerging as a migraine medicine, and we were one of the first places giving injections," she says. Patients who could barely stand responded to the medication immediately and were able to walk out of the office pain-free. "It was so rewarding to be able to make a difference in someone's life that I committed to treating headaches."

To stop a migraine, she explains, it's important to understand what happens during one. The central nervous system encounters a trigger—such as stress, hormones, or even a change in the weather. That sensory reaction sets off a cascade of events, begin-



How We Did It

Finding a first-rate physician during a health crisis is critical, but who are the area's top doctors?

Based on the belief that no one knows medicine better than those who practice it, *Cincinnati Magazine* set out to answer the question by surveying 5,256 local physicians. Our survey went to physicians in eight counties: Hamilton, Warren, Butler, and Clermont in Ohio; Boone, Campbell, and Kenton in Kentucky; and Dearborn in Indiana. Our mailing list was drawn from the current roster of physicians licensed by the Ohio, Kentucky, and Indiana state medical boards. The premise was simple: We asked them to tell us whom they would turn to if "you, a family member, or a friend needed medical attention." The only proviso we gave them was to refrain from nominating themselves. The results: 422 physicians in 42 specialties. Every doctor on this list received at least five votes from their peers. Many received far more, including six who earned more than 40 votes each. (Dr. Janice Rafferty, a colon and rectal surgeon, received a remarkable 115 votes from her colleagues.) We want to emphasize that our list does not, of course, include every caring, knowledgeable, and responsible physician in the Greater Cincinnati area. Finally, some physicians are listed in multiple specialties. To download a PDF version of this list, go to www.cincinnati-magazine.com.

NOTE: Unless otherwise indicated, all physicians on the list are accepting new patients.

ning with the blood vessels on the surface of the brain dilating, usually the first sign of serious pain. If unchecked, the brain stem begins receiving those pain signals. Suddenly every bit of sensory input entering the brain is heightened. The slightest scent, touch, or smell elicits nausea. "A kind of modulator in the brain keeps all those pain signals rolling," Mannix says. It's not unusual for a full-blown migraine to last up to three days. The study of neurology enables physicians to better understand how the brain and nervous system work, and how to intervene when they are in pain. Imitrex belongs to a class of drugs called triptans that shut down a headache by constricting the swollen blood vessels. Still other medications, such as Topamax and Inderal, are sometimes prescribed daily to decrease the frequency of migraines.

Medication alone isn't the magic bullet, though. Mannix insists that patients make significant lifestyle changes. They have to give up coffee (the caffeine causes fluctuation in the blood vessels of the head); create a regular schedule when it comes to meals (hunger can trigger a headache); exercise (it produces endorphins, the body's natural pain killers); and get six to eight hours of sleep a night (lack of sleep can also act as a trigger). Mannix herself is the best proof that migraines can be managed. The energetic 40-year-old plays soccer three times a week. "I practice what I preach," she says. "Lifestyle, prevention, and appropriate acute therapy."

"Anyone who has regular headaches needs to work with their doctor, and if they don't get relief, keep going back," she adds. "Don't give up. Most people can be pain free with the proper treatment." ☐

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When Dr. Donna Stahl began treating women with breast cancer at the University of Cincinnati Medical Center more than three decades ago, there was one surgical option: Whether their cancer was stage I or stage IV, they all got radical mastectomies. "During the last two years of my residency, there was a switch over to modified radical where the muscle is saved, but we really had little to offer patients," Stahl says. The outlook for women with breast cancer today is a lot more optimistic, with a range of surgical procedures, radiation options, and chemotherapies tailored to the patient. But it took a lot of work, and public education, to get there.

Stahl has seen many of the changes in how the medical establishment grappled with breast cancer up-close. After getting her MD at the University of Iowa College of Medicine in 1971 and completing an internship and residency at Cincinnati General Hospital (now University Hospital), Stahl became a general surgeon and then an associate clinical professor of surgery at UC's medical school. In 1989 she struck out on her own and established breast cancer centers in several local hospitals. "I was inundated with patients who wanted to see a woman," she says. Today, her practice, Donna Stahl & Associates, has four female surgeons on staff, including herself. And her patients are just as likely to have their surgery and follow-up treatments at the independent Redbank Surgery Center in Madisonville, where Stahl's practice is located, as they are at the two hospital-based breast centers that she also works with.

At 62, Stahl is considered by many of her peers to be the area's preeminent breast cancer surgeon. In the past two decades, she has often been one of the first in the city to utilize surgical innovations to determine the extent of the cancer (such as the lumpectomy in the early 1980s), as well as improved methods of delivering chemotherapy. Over the last 30 years, she estimates that she's handled thousands of cases, and yet her patients are quick to mention the concern and compassion she shows them. The fact is, they are always on her mind. That's evident on a bitter February morning when Stahl stops by her office to collect a stack of patient files. She's supposed to be on vacation, but she wants to familiarize herself with the cases she'll be seeing when she returns. So much for time off.

Because so many women over 40 routinely get mammograms, Stahl sees far fewer advanced cancers than she did even a decade ago. And although there is plenty of good news when it comes to breast cancer outcomes—today there is an 80 to 85 percent survival rate, compared to about 60 percent when Stahl began practicing—Stahl sees a disturbing trend. "The age has changed," she says, referring to an increasing number of younger women who are developing breast cancer. "I see more and more women in their 20s, and unfortunately, younger women can have pretty aggressive cancer." Why is it happening? "We don't know," she says. "It has to be the result of a major change in women's lives, and some studies suggest that it is related to women having later pregnancies."

Dodging breast cancer in your 40s, 50s, or even 60s doesn't mean you're out of the woods. Stahl is currently treating a 90-year-old woman who recently developed the disease. "Women are often led to believe that tests are perfect, and when a result is negative, you don't have to worry," she says. "But that's not true." She notes that one of the most effective detection tools remains the self-exam.

"Sometimes people ask me if I ever get bored because all I do is breasts, but it's not boring in any way," Stahl says earnestly. "There are so many variations of the disease and ways of treating it." Still, her attitude is the same with each patient. "My philosophy is: Prove to me you don't have breast cancer." ☐



Dr. Donna Stahl

Expertise: Breast cancer

Objective: Early detection of breast cancer with treatment that will lead to a full recovery.



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(513) 984-5042

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(513) 662-2500

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AMANDA DENNEY

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Dr. Mark T. Galloway

Expertise: Orthopedic surgeon

Objective: To return injured athletes to the game.

The student athletes who find themselves in Dr. Marc T. Galloway's office are not at the top of their game. A serious injury—often a torn ligament or tendon in a knee or shoulder—has sidelined them, and they are hurting and frustrated. Galloway feels their pain. In ninth grade, he tore up his knee during a pickup football game. "I jumped and landed in a twist, tearing the ACL [anterior cruciate ligament] in my right knee and dislocating the kneecap," he says. He had surgery that left an eight-inch scar and had to wear a cast for two months. It took two years before Galloway felt strong enough to return to the game. It was that experience that prompted Galloway, at age 15, to declare to his friends and family in Concord, North Carolina, that he was going to be an orthopedic surgeon. "I spent so much time in doctors' offices and got to hang around orthopedic surgeons," he says. "I thought it was so cool that you could fix injuries that enabled people to participate in sports again."

After graduating from the University of North Carolina at Chapel Hill in 1980 and Duke University School of Medicine in 1984, Galloway pinballed between Yale, where he did his residency and later became staff orthopedic surgeon for the university's 32 sports teams, and Cincinnati SportsMedicine and Orthopaedic Center, where he did a fellowship and, in 2000, joined the staff as an orthopedic surgeon and sports medicine specialist.

The chance to do research as well as specialize in knee and shoulder surgeries was an irresistible opportunity when CSOC extended the offer. Since his arrival, Galloway has worked with a team of biomedical engineers headed by Dr. David Butler at the UC Medical Center. The focus of their research is the development of bioengineered replacement tissues for knee ligament and rotator cuff injuries. Galloway is also conducting research into repairing knee and shoulder injuries by adding growth factor cells to the repair site to enhance the body's healing process. In February, the 49-year-old was part of a team of doctors that received the Kappa Delta Award from the American Academy of Orthopedic Surgeons, considered the profession's most prestigious recognition for excellence in orthopedic research. Still, the practical applications of Galloway's and his colleagues' research likely won't be available soon. "It could be years," he says.

That's why his work with patients encompasses prevention as well as repairs, such as teaching female high school athletes to jump more like boys so they won't tear up their ACLs, and advising older tennis playing patients that their pain isn't necessarily caused by arthritis but could be treatable. Although half of his patients are high school and college athletes, the other half range in age from young children heavily involved in team sports to recreational athletes in their 60s. Galloway has noticed that the number of injuries in younger athletes has increased dramatically in the past few years.

"Kids have the potential to play on multiple teams nearly year-round when it comes to soccer and baseball," he says. "I'm seeing 11- and 12-year-olds with terrible ACL tears and elbow stress fractures." Correcting the problems with surgery can be difficult or impossible because the child is still growing. "You try to modify their activity until they get older and can have surgery, but that doesn't work well," Galloway says. And the long-term risk for these patients—crippling osteoarthritis by the time they are in their 20s—is a possibility whether they have surgery or not. "I want to be a positive influence on young people and provide them with the resources to understand their injuries and assist in their own recovery," he says. And in a best-case scenario, prevent them from happening. **G**



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Dr. Dotty Shaffer

Expertise: Holistic Therapy

Objective: To give patients the knowledge they need to attain, and maintain, good health.

"I hate doctors' offices," Dr. Dotty Shaffer states emphatically as she conducts a tour of her own. This is why she has gone to great lengths to make her patients feel as if they are walking into a warm and welcoming home when they cross the threshold of her renovated 1914 Tudor Revival manse on the corner of Reading Road and Clinton Springs Avenue in North Avondale. Large windows allow light to flood the waiting room, a cozy space of comfy chairs, area rugs, a fireplace, and large plants. "I wanted to create a calm place," she says. So calm, in fact, that some patients come early just to sit and read a book.

You can learn a lot about Shaffer by studying the contents of an ornate curio cabinet at the end of the waiting room. There's her grandmother's teacup collection, photos of several generations of her family, and the most interesting piece of memorabilia, her great-great-grandfather's Civil War battlefield doctor's bag containing his kit, including a hacksaw-like tool. Not calming, perhaps, but fascinating nonetheless.

It is not surprising that the 41-year-old Shaffer, who trained as an internist at Case Western Reserve University School of Medicine, has an approach to medicine that is as unique as her taste in office decor. Call it a "Common Sense/Traditional Medicine/Holistic Therapies" brand of health care. Shaffer explains her methodology, a regimen she prescribes for all her patients, regardless of their problems. "First, I get patients walking," she says. "Then my emphasis is on getting them to a normal weight, eating real food, taking fish oil, antioxidants, and minerals." Depending on the ailment, Shaffer is likely to suggest that patients visit the second floor, where several alternative therapists do massage, shiatsu (a stretching and rotation of joints), and a number of other therapies, such as tai chi, yoga, and qi gong (a series of exercises performed in a meditative state). More than likely, she will suggest that they try what she has found to be one of the most effective tools for managing well-being: acupuncture.

Shaffer earned her acupuncture certification from the Helms Medical Institute's Medical Acupuncture for Physicians program at University of California at Los Angeles and administers the treatment herself. She's seen some dramatic results. "It's especially helpful in treating addictions," she says, citing one patient who had smoked one to two packs of cigarettes a day for 40 years. "His family dragged him here, and he absolutely didn't believe it would work." All doubts disappeared the morning after his first acupuncture session, when he got a whiff of a friend's cigarette and vomited. Then there was the patient who came in 10 days after a stroke that had left one arm useless. "I put the needles in her scalp, stimulating the motor cortex of the brain, and by the end of a 20-minute treatment she was able to flex her elbow," she says. "And that progress was permanent."

Shaffer admits acupuncture isn't effective for every illness and that it isn't always helpful for patients with long-standing problems. She also acknowledges that some of her patients want no part of it. "For those people I'm just a straight internist," she says, adding that "it's difficult in our culture to talk about how acupuncture works." Indeed, in Eastern medicine, acupuncture is a respected, centuries-old method for managing a range of maladies, from pain to anxiety disorders. But in the West, the premise that the human body contains "meridians" along which energy flows, and that the insertion of needles at points on those meridians can stimulate and restore an energy flow that has gotten off track, is still hard for most practitioners—and patients—to fathom. "A lot of docs in town think I'm flaky," Shaffer admits, "but it's all very logical." ☉

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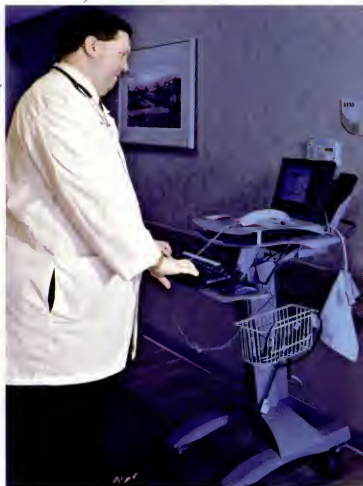
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THE LIST CONTINUES
ON PAGE 204 >>



Dr. Everything

If fate or illness puts you in the hospital these days, you are likely to encounter a hospitalist, a new breed of doc with a simple job:
To do it all. BY MELISSA DAVIS HALLER

The elevator doors are quietly sliding to a close when an energetic woman in a lab coat suddenly rounds the corner and shoulders her way between them. Dr. Steve Beerman, in the elevator with three others, greets the gray-haired woman, whose name tag reveals that she is a dietitian. "Dr. Beerman," she says, holding a clipboard. "I had a question about an order on this patient." Beerman steps into the path of the doors and glances at the chart. They discuss the meal plan for the patient, who's headed home that day, then Beerman shuffles back into the elevator as the doors close. He pushes 11, the cardiac floor, where a heart patient is waiting for him.

It's noon on a cold winter day at Good Samaritan Hospital in Clifton, and Beerman has already been on this elevator several times since arriving at 8 a.m., making rounds to check on patients all over the hospital. If you land in the hospital these days, there's a good chance you'll meet a doctor like him. Beerman is a hospitalist, a practitioner whose sole focus is being the "physician of record" for hospitalized patients, coordinating care among their primary care physicians, nurses, families, social workers, and the specialists who are involved in their cases. If that sounds like a tall order, it is. So far this morning, Beerman has delivered the bad news to a patient that she will be on dialysis by week's end; counseled a cantanker-

ous man with cancer who is eager to go home; and checked on another patient with heart ailments and a bleeding ulcer.

"You don't get a minute in the hospital anymore unless you are *sick*," he says, making his way down the hall with enough velocity that his lab coat flaps in the breeze. There are several reasons driving this reality: Treatment advances arrest many ailments before patients become seriously ill; some illnesses that used to require hospitalization, such as pneumonia, are treated by primary care physicians in their offices. There's also the pressure from insurance companies on physicians and hospitals to contain costs by keeping patients out of the hospital altogether or making their stays as short as possible. These days, hospital patients typically have advanced, serious, or multiple illnesses, like diabetes and a heart condition. Such care traditionally has been, and still often is, handled by community-based internists or pediatricians who make rounds at the hospital before or after keeping appointments all day in their offices. Hospitalists, on the other hand, do not have private practices. Because they are in the hospital all day, they are able to visit patients as care demands, be available to families, regularly confer with nurses, and see lab results quickly. "I like the challenge of taking care of acute patients," Beerman says. "It's interesting from a scientific point of view."

Cof course, not everyone sees this trend as a good thing. Assigning patient care to a physician inside the hospital has created concerns among some community physicians who worry that their patients might feel abandoned by them, that a patient's continuity of care will be interrupted, or that primary physicians will be left out of the loop. There's apprehension among patients as well, who sometimes balk at having a new physician suddenly overseeing their care. For their part, hospitalists and their advocates admit these are all bona fide concerns, and ones they've worked to address. Clearly, their efforts have paid off: The number of hospitalists in the United States has ballooned from 1,000 in the mid-1990s to 18,000 as of last year. According to Laurence Wellikson, CEO of the Philadelphia-based Society of Hospital Medicine, the American Board of Internal Medicine plans to recognize hospital medicine as a distinct field within internal medicine by 2008.

Beerman is one of seven Group Health Associates hospitalists assigned to Good Sam. Most hospitals in Cincinnati employ hospitalists themselves or contract with medical organizations such as Group Health to provide them. (Group Health and Good Sam are part of TriHealth, an integrated network of hospitals, physicians, and other healthcare services.) Their numbers range from four at Middletown Regional to 13 at Bethesda North, and new positions are plentiful, too.

The Cincinnati MD Resource Center, an initiative of the Health Improvement Collaborative of Greater Cincinnati, currently has eight job openings for hospitalists posted, says executive director Lisa Adkinson.

That's a radical change from 1996, when the term "hospitalist" first appeared in the *New England Journal of Medicine*. In those early years, the program was rooted in a desire to improve the quality and efficiency in hospital care. Since then, there's been the realization among hospitalists and community-based physicians that dividing patient care is one opportunity to help both groups avoid the 70- to 80-hour work weeks that were standard for internists of past generations.

"I have more flexibility now than I did in private practice," Beerman says. "But it's still not 9-to-5, either."

Beerman is an imposing presence in the hospital halls, but even with hints of gray emerging on his full head of wavy black hair he blends into the scene at Good Sam. Today, like most days, it's a beehive of activity, with nurses and doctors in lab coats and scrubs heading in every direction while the occasional family member in street clothes wanders by. Beerman doesn't smile often, but he's clearly established himself as an approachable guy in these hallways. A nurse gently admonishes him for using abbreviations on his orders, another tells him someone at the desk is looking for him, and a nephrologist (kidney specialist) follows

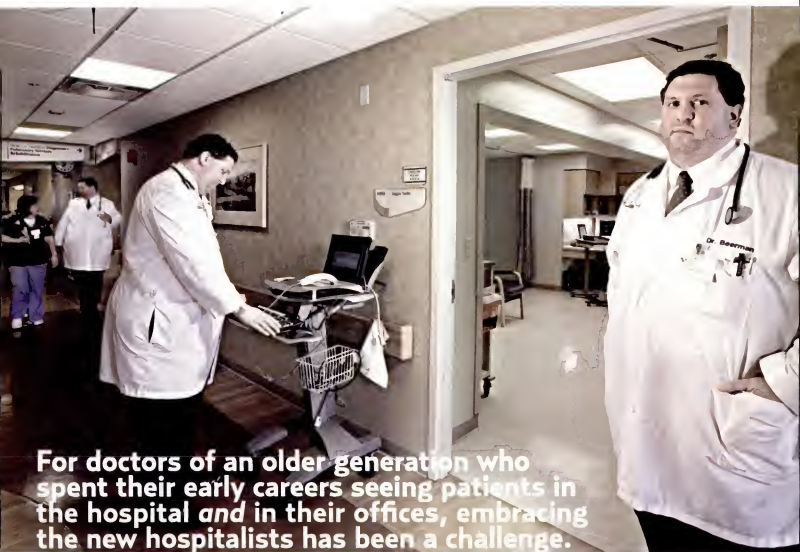
him to a computer and slides into a nearby chair, informing Beerman that he's just come from one of his patients who has severe liver failure. Beerman nods and speaks solemnly. "She'll be on dialysis," he says. "I know it's difficult for her to hear, but it's necessary." The doctors confer about her care for several minutes before the nephrologist leaves. Beerman pulls out his PDA, pecks for a few minutes, then concentrates on the computer screen again.

If Beerman were the patient's primary care physician, the nephrologist might not have caught him while they were both in the hospital doing daily rounds. In that case, he could have called, but more likely would have left orders and talked to a nurse. At best, it would have taken more effort for the conversation to happen; at worst, the relay could lead to confusion over the patient's care. "This is by no means implying that the community-based physician is any less effective," Beerman says. "We just have more efficiency in coordinating care, expediting plans, and [having] a family meeting on the fly."

Now 41, Beerman attended medical school at UC's College of Medicine and did his internal medicine residency at Good Samaritan Hospital in the 1990s. Before becoming a hospitalist four years ago, he was in private practice for seven years with Queen City Physicians in Groesbeck. Group Health Associates, a multi-specialty group, was an early comer to hiring hospitalists in 1999, but it wasn't alone; Cincinnati Children's Hospital Medical Center was one of the first hospitals locally to employ them.

In 2000, Paul S. Bellet and Robert C. Whitaker, then both physicians with the Division of General and Community Pediatrics at Children's, published a study that found that the Children's hospitalist program reduced the length of stay, which "has the potential to control hospital charges in a period of increasing health care costs." Their findings were similar to other studies on adult hospitalist programs in the nation. Bellet suggested that the reduced length of stay might have come about through "focusing on improved communication between the [hospitalist] and the primary care physicians." But as a groundbreaking medical center for children, cost has not been a key driver as Children's has embraced and expanded the use of hospitalists; instead, it's proven to be the most efficient way to deliver safe, high-quality care while meeting the communication needs of physicians and families, says Dr. Stephen Muething, clinical director for pediatrics. Children's now has 12 hospitalists who care for the patients of about 75 percent of the region's pediatricians. "It's become very clear that hospital medicine is here to stay in pediatrics," Muething says.

It's not clear how many adult doctors are turning over patient care to hospitalists, but the number is growing, thanks in part to electronic medical records, which go a long way toward easing the primary physician's concern that the hospitalist won't fully grasp



For doctors of an older generation who spent their early careers seeing patients in the hospital and in their offices, embracing the new hospitalists has been a challenge.

patients' health history when they're admitted. As a Group Health doctor, Beerman can immediately retrieve the records of any Group Health patients. TriHealth's own electronic record-keeping system, called MEDITECH, allows sharing of patient medical information in the TriHealth system. Then there's the old-fashioned way: talking to the patient, his or her primary doctor, family members, and calling the pharmacy to see what medications the patient is taking. "If I'm any good at what I'm doing, I should be able to get a good health history and physical," Beerman says.

Perhaps, but Beerman also recognizes that practicing medicine is about more than records. For doctors of an older generation who spent their early careers seeing patients in the hospital and in their offices, embracing the move to hospitalists has been challenging. Dr. Stephen Pleatman, a pediatrician with Suburban Pediatrics in Mason, has been practicing medicine for decades, but he initially rejected the idea that he and other Suburban physicians end their daily visits to Children's Hospital and turn over the care of their patients there to hospitalists.

"Early on, I wanted to continue doing rounds," Pleatman says. "I thought, as a physician, *this is what we do*. Parents want us to be there. Will we be doing something less than we

used to do? We agonized over that."

As they grappled with the issue, one factor weighed heavy on the minds of some of the physicians: liability. It impacts every facet of medicine, and the threat of lawsuits drives many changes in procedures and the delivery of treatment. Pleatman tells of a pediatrician in another city who admitted a patient to a hospital and left orders with residents and nurses for the patient's care. Something went awry, although Pleatman didn't specify what, and the patient had "a bad outcome." The pediatrician wasn't at the hospital at the time, "but she and the hospital got nailed," Pleatman says. "As the attending physician of record, the buck stops here." Recognizing that it was impossible to be at the hospital every time they were needed, Suburban Pediatrics decided to turn the daily rounds over to the hospitalists about four years ago.

It hasn't always run smoothly. Once, one of Pleatman's patients was admitted to Children's, but the Children's hospitalist didn't call him until eight days later. Pleatman was exasperated at the lack of communication. "I said, 'This is not OK,'" he says. The patient's parents told Pleatman that they had wondered why he wasn't told of the child's condition from the first day. He did, too, and says such communication breakdowns happen periodically, but are becoming increasingly rare. Primary care physicians and hospitalists have come to know and trust • [CONTINUED ON PAGE 212](#)



The
Secret Life of
Plant Books

DEEP IN THE STACKS OF THE CINCINNATI MUSEUM CENTER
LIES A GARDEN OF EARTHLY DELIGHTS:
THE **CORNELIUS J. HAUCK** BOTANICAL COLLECTION.



It sounds like a fairy tale.

Between 1945 and 1965, Cincinnati businessman Cornelius J. Hauck amassed a treasury of books as precious as gems and as old as reading itself. Before his death in 1967, Hauck gave the collection—everything from cuneiform tablets to bejeweled volumes—to the Cincinnati Historical Society (now the Cincinnati Museum Center). Hardly anyone knew about this until last June, when, with the support of Hauck's children, a substantial chunk of the collection was sold at Christie's New York. Dubbed "The History of the Book," it rang up a stunning \$10 million price tag, nearly triple the figure the auction was expected to raise.

Now for the good news: As extraordinary as the now-dispersed portion of the Hauck book collection was, there's more. Hauck also assembled an astonishing library of books on botany, horticulture, and landscaping. The offerings (3,900 books have been catalogued so far) range from a thick, densely printed agricultural text from 1471—long before most farmers were literate—to the intricate private sketchbook of Jacob Stauffer, a late-19th century American botanist.

The story goes that in 1924, newlyweds Cornelius and Harriet Hauck lived in a renovated farmhouse near the corner of Reading and Taft roads in Mt. Auburn, a spot so spoiled by coal dust and industrial grime that they named it Sooty Acres. Determined to turn their patch of urban sod into a green oasis, they took a botany course at the University of Cincinnati. "The thought being," Hauck explained years later, "we could go to Court Street or Findlay Market to more reasonably purchase the right kind of 'greenery.'" Taking a botany course meant buying botany books. And for a book enthusiast like Hauck, that was all it took to start a collection. Over the intervening decades, the couple filled their eight acres with hundreds of trees and shrubs, which today form the Hauck Botanic Garden, where the Civic Garden Center is located. Likewise, their shelves filled with volumes from around the world and across the centuries, tracing man's delight in and understanding of plant life.

Because natural history is part of its mission, the Museum Center has kept Hauck's botanical collection. The illustrations in these sketchbooks, scientific texts, journals, and reference works, written by and for botanists, physicians, farmers, and arborists, run the gamut from simple pen-and-ink sketches and woodcuts to intricate engravings and opulent color plates. The books spend most of their time in a fireproof, temperature-controlled vault—a Ft. Knox-like repository of green gold. But many have a recent history of use. "It was a working collection," says Barbara Dawson, curator of printed works at the Historical Society. "These are books that Mr. Hauck used, in addition to the rare and the beautiful." And although they will be carefully conserved, they will be used again. "There's a whole genre of people who do botanical research," Dawson says. Now that the collection is catalogued, it will be a resource for them. As the photographs on the following pages show, it's always spring on their pages. —Linda Vaccariello

ON PREVIOUS SPREAD

LATE 19TH CENTURY *Field Notebook* JACOB STAUFFER

Ohio botanist Jacob Stauffer filled two volumes with detailed observations about the flowers, fruits, and trees native to the Buckeye State. The artistry of his work (seen also on pages 122–123) captures the delight and dedication of a scientist exploring the natural world.



1646 *Hesperides* GIOVANNI BATTISTA FERRARI

Written by Ferrari, an Italian botanist, and illustrated by Cornelis Bloemaerts, a Dutch engraver, *Hesperides* was the first book of its type about citrus fruits. The illustrations include garden tools, arbors, and landscape plans. This ornate planting scene is typical of Bloemaerts's formal, extravagantly baroque, style.



1592

Archetypa Studiaque

JORIS HOEFNAGLE

A Renaissance man in the most literal sense, the self-taught Flemish artist Hoefnagle was a manuscript illuminator, map-maker, and musician, among other things. Here his engravings bring together the plant and insect worlds.

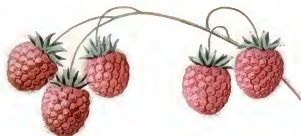
MID-19TH CENTURY

Chinese Tea Industry Book

ARTIST UNKNOWN

This page is one of 50 watercolor paintings that were bound as a book. They detail the Chinese tea industry, showing the plant's cultivation, harvesting, drying, storage, and shipping. Hand-painted on silk, the images capture agricultural traditions, business practices, and the social milieu of the hugely important tea trade. Little is known about the origin of this material, but indications in the volume are that it was at one time owned by Robert Curzon, an English baron who collected manuscripts during his extensive travels.





Plant 15. Yellow

16

Plant 16. Red Raspberries and Black

Plant 17. Red



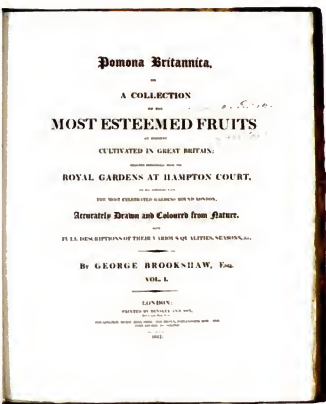
Plant 18. Red



Plant 19. Blue

20

Plant 20. Dark Blue and Black



1817

Pomona Britannica

GEORGE BROOKSHAW

Even the title page's breathless description promising "the most esteemed fruits cultivated in Great Britain" doesn't do it justice. The book's sumptuous aquatints and stipple engravings show richly romanticized fruits at the peak of perfection. Here (counterclockwise from above) are his renditions of peaches, cherries, raspberries, gooseberries, and plums. Using specimens from the Royal Gardens at Hampton Court and Kensington Gardens, Brookshaw, who was also a celebrated cabinetmaker, spent nearly 10 years producing his masterpiece. The illustrations, printed in color and finished by hand, showcased the kind of artistry possible with the aquatint process—an etching technique that allowed Brookshaw to create the subtle variations in tone. In a 1909 book on aquatint engraving, *Pomona Britannica* was described as "one of the finest colour-plate books in existence."



White Dittany or Fraxinella } 1 Flower
 2 Fruit
 3 Root

Dicampanus albus or Fraxinella

1760

Figures of the Most Beautiful, Useful and Uncommon Plants

PHILIP MILLER

As scientific knowledge grew and printing improved in the 18th century, the number of botanical books exploded. Miller's two-volume set includes 300 highly-detailed copper plate engravings.



1793

A Curious Herbal

ELIZABETH BLACKWELL

In an age when herbs and medicine were one and the same, Blackwell's book was used by doctors and apothecaries as a sort of 18th century *Physicians' Desk Reference*. With copious drawings that included the strange and exotic plants discovered in the New World, the book was an immediate success and received commendation from Britain's Royal College of Physicians. But even more "curious" than Blackwell's book title is the drama behind its creation. Blackwell, trained as an artist, had a husband who was a physician—and a wastrel. She illustrated the book to get him out of debtors prison, visiting him in his cell to learn the Latin names for the plants she was drawing.

1802-1816

Les Liliacees

PIERRE-JOSEPH REDOUTÉ

The work of Flanders-born Redouté is considered the finest example of flower illustration. His eight-volume work documenting the lily family (which this page is part of) demonstrates the delicate, detailed style that became his trademark. Redouté's career spanned a revolution. He was the official garden painter for Marie Antoinette, then he documented public gardens during the Reign of Terror. Finally, under Empress Josephine, he painted blooms from the famed rose gardens of Chateau de Malmaison, the Bonapartes' summer home.



ON FOLLOWING SPREAD

LATE 19TH CENTURY

Field Notebook

JACOB STAUFFER





Tumalix

double flowering
variegated *Portulacca.*
grandiflora.



Page 24



Opuntia Rosea

Prüfung am 1. April 2004



Geo. L. Howard

Thorn back-lit, called as

Shavany?

Volcanaria
occidens n. sp.

Belongs To Crustaceans from a class

Oryzias latipes family *h* 344



Leuca mellea



front of
people

His abrupt firing at WLW was as controversial as his 18-year run at the station. Now rabid sports talk radio host Andy Furman has found a new home on the FM side of the dial. Will his listeners follow him?

The Furball YELLS Again

By Ian Aldrich
Illustration by Sara Tyson



It's

LATE ON A MONDAY AFTERNOON

in early January and the testosterone is flowing in the Toots Shor room at Jeff Ruby's, where the walls showcase framed covers of *Cigar Aficionado* and the black-and-white mugs of Bogie and Brando. Here, some 20 guys, from beefy types in Bengals T-shirts to slick businessmen in suits, have gathered to smoke stogies, quaff booze, and talk sports. At the back of the room, at a long table chock full of papers and microphones, a cigar jammed into his mouth, is the man they've all come to see and hear: Andy Furman. As guys enter the room, bursts of "Hey Furball!"—the nickname given to him by friend and fellow radio loudmouth Bill Cunningham during their 18 years together at AM juggernaut 700-WLW—are fired his way.

It's been just three months since Furman blasted Bengals wide receiver T.J. Houshmandzadeh for failing to make a series of scheduled radio appearances with him. The episode turned ugly when Houshmandzadeh allegedly called Furman a "punk-ass white boy" and the radio host retaliated by labeling the player a "racist" on-air. When the dust cleared and Houshmandzadeh had taken his complaints to WLW ownership, Furman, the city's most popular sports radio personality, was out of a job. Tonight marks his return to the airwaves on a new station (WFTK, SuperTalk FM 96.5), in a new time slot (4–7 p.m.), and on new terrain (the FM side of the dial). And the Furball's anxiety is running high.

The event's significance can be seen in the preternatural neurotic 57-year-old's choice of attire: Gone are his work clothes of choice—sweatshirt and wind pants—replaced by slacks, a blue and white striped Oxford, and a matching crew neck sweater. "I just hope the guests show up," he says to nobody in particular.

He's got reason to be nervous. For nearly two decades, Furman had been one of the leading faces of ratings powerhouse WLW. Without the (bully) pulpit he once had, Furman isn't just starting over at a new station; he's about to find out where his popularity *really* stands with his former employer's 50,000 watts stripped out of the equation. Tonight should be a good first step. His guest lineup is a veritable all-star cast of local sports legends, including Tom Browning, Pete Rose, Oscar Robertson, and Marvin Lewis.

Furman's preshow jitters are temporarily put on hold when his friend and host of this afternoon's party, Jeff Ruby, parts the crowd and walks straight up to him. "Here's the man, the King of the Jews!" Furman shouts out as Ruby approaches. Furman is himself Jewish, a fact not lost on his regular listeners, as he regularly drops Yiddishisms—"I'm shvitzing over here!"—into his broadcasts in his native Brooklynese.

"What are you doing?" asks Ruby, feigning a tough guy persona as he sticks out his right hand. "I didn't know you were here."

"I got a job again!" Furman yells.

With his guests busy scarfing down free crab cakes and egg

rolls, Furman starts his show talking baseball with Browning and keeps the conversation flowing with Rose, who calls in from California and ribs the host for introducing him right after his mention of River Downs. Robertson, who shows up with former Cincinnati Royals teammate Wayne Embry, is floored by Furman's uncanny grasp of obscure sports history, especially when he informs the two retired NBA stars that the league's inaugural season, in 1946, included a team from Toronto. "Nineteen-forty-six?" Robertson asks, sounding puzzled. "Jesus Christ. How do you know all this stuff?"

But the most anticipated appearance of the evening is Bengals head coach Marvin Lewis. If there are any hard feelings on Lewis's part over the Houshmandzadeh controversy, he doesn't show it. Instead he warmly congratulates Furman on the new gig. "I'm glad to be here on kick-off day," he says.

Yet Furman isn't exactly ducking what happened, either. With Lewis fresh from the surprising season-ending defeat to Pittsburgh that killed his team's playoff hopes, Furman jokingly draws a connection between Lewis's situation and his own. "We both had something unexpected happen to us," he says, eliciting a big smile from Lewis.

By the time Furman signs off two hours later, he's exhausted but exhilarated. "I'm really humbled by this," he tells the audience. "I just hope I don't get fired again."

IF YOU'VE EVER HEARD ANDY FURMAN ON-AIR, YOU could be excused for not recognizing him off-air. Absent is the bluster and the volume that has characterized his radio career. Furman, who lives in Florence with his wife, Wendy, and their two teenage sons, is soft-spoken at times and plagued by perhaps a bit too much self-doubt. Bill Cunning-

"The nature of the beast with talk radio is brush fires," Furman says. "Since I've left, nobody has created one. And that's not a good thing."





ham, his former WLW colleague, recalls that when he first met the seemingly quiet Furman in 1988, he wondered if the station had made a mistake. "Then the microphone went on and I thought, 'He's pretty good,'" says Cunningham. "Andy gets it. He's the best radio talk show host in this market."

What he gets is that shows like his are more about entertainment than information. You want box scores or breakdowns of the Bengals secondary? Pick up a newspaper. You want opinion? You want to laugh? Crank up your radio.

"Andy knows how to stoke the fires," says ex-Bengals receiver Cris Collinsworth, a former Furman colleague at WLW and now an Emmy-winning pro football analyst for NBC. "Most people believe that you come into the studio and wait for the phone lines to light up. It doesn't work like that. You have to create interest, and Andy's brilliant at issue-spotting."

Which is to say Furman isn't just a Type-A personality with a microphone. At his core, he's a devoted sports fan who puts in hours of research for each broadcast. He's quick to dismiss the oft-made comparisons between opinion-driven shows like his and blogs. "I think of those guys walking around their basements in their bathrobes eating Trix cereal," he says. Instead, Furman is a newspaper junkie, regularly arming himself with what he's gleaned from both Cincinnati papers, *The New York Times*, and the *New York Post*, among others. "He knows more people, speaks to more coaches, and reads more articles than most," says Collinsworth. You can hear it in his interviews. He painstakingly prepares for each one by assembling a lineup of questions that he works through on-air, crossing them off one by one with a black Sharpie. Sure, sometimes it may sound like water cooler banter—well, highly adrenalized water cooler banter—but Furman's show is carefully planned and managed.

Of course, he likes to rattle his listeners, too. It's a trick he learned as a young public relations director for down-and-out sports teams and racetracks. As he saw it, his job wasn't to get a small blurb in the back of the sports page; it was to sell tickets and create buzz. To do that, Furman was willing to do anything. Once, when the Ft. Lauderdale Strikers, of the now-defunct North American Soccer League, were in the middle of long losing streak, he had the coach rolled onto the field in a coffin just before game time. His PR arsenal included purposeful misspellings on promotional billboards (in Buffalo, "Polish Night" was advertised using a backwards "P") and a celebration of Bulgarian heritage in Tulsa, Oklahoma, a city in which Bulgarian immigration hadn't exactly exploded.

The strategy had its limitations. At Monticello Raceway in Monticello, New York, he got fired after sending out an invitation to a Pennsylvania Ku Klux Klan leader asking him to take advantage of the track's "group party plan package" and bring his followers to the races. (They never came.) "I was a little crazy," he explains, "but it was just shrick."

In 1981, he landed a publicity job at Latonia Race Course in Florence. There, he raced a horse against the slower Collinsworth and tried to break the track's opening day attendance record by marrying Wendy at the raceway in 1984. (He fell nearly 6,000 ticket holders short of his goal.)

By 1986, however, Furman • [CONTINUED ON PAGE 214](#)



A LIFE IN DEATH

HOUGH THERE ARE COUNTLESS CAUSES OF DEATH,

Hamilton County Coroner O'dell Moreno Owens can choose between only five. His job is to pick among homicide, suicide, accidental, natural, or an undetermined cause to rule how the deceased got that way. But his *instinct* is to unearth how the dead may have lived by stitching together the markers they left behind.

Take the case Owens calls "the mummy."

Sixty-one-year-old Johannas Pope of Madisonville died of cardiovascular disease on August 29, 2003. However, her caregiver, Kathy Painter, tended to her body by propping it in an easy chair in front of a television in a second-floor air-conditioned bedroom—for two and a half years. Painter sprayed away the flies, picked off the maggots, changed the TV station, and regulated the room temperature. Pope's adult daughter, Lisa, lived in the Madisonville house with her young granddaughter, born three months after Pope's death. Pope's sister, Deborah Gaston, hadn't seen her in years and didn't know she was dead. Suspicious, Gaston called police on January 4, 2006. Officers arrived the same day to find Pope's corpse dressed in a white gown, its scant remaining body tissue mummified by the cold, dry air.

The macabre case took on national sideshow proportions as publications such as *USA Today* picked up the story. But at a press conference two days after the discovery of the body, Owens's measured response helped bring a modicum of dignity to the situation. He revealed that the woman's faith led her to believe she would come back to life, and that Painter and some family members believed they were honoring her wishes. "We have to be compassionate," he said, "because at the end of the day this woman has to be buried by her whole family."

"I read the woman's diaries," Owens explains to me in his office. "She told her daughter and caregiver not to tell anyone when she died because, given enough time, she'd return." His matter-of-fact interpretation of the bizarre situation: "This is about love, loyalty, and the inability to let go."

When voters elected Owens to the coroner's office in November 2004, they probably did not expect to get a cultural anthropologist in the bargain. It's not a coroner's job to dissect human motivations and explain the otherwise inexplicable as it relates to death. But since taking office in January 2005, Owens—once the city's foremost fertility specialist—has put his energy into quite a few things that are not in his job description. He has established a working relationship with the police, earning their trust and respect. He has emerged from his white lab coat as a leader in the black community—one with detractors as well as fervid supporters. And he has embarked on a campaign to give Cincinnati's schoolchildren—especially black children—what was given to him years ago: the chance not just to survive but to succeed.

Calling press conferences, poking around crime scenes, and reading the diaries of the dead aren't exactly what Owens's Ivy League education prepared

HOW O'DELL OWENS WENT FROM CRADLE TO GRAVE

By Kathy Y. Wilson

Photographs By Ryan Kurtz

him for. But he says he always knew he wouldn't live out his career in private practice. "When I was in medical school I knew I wanted to be in the broader strokes of medicine [rather] than one-on-one medicine," he says. "There was a point in my life when it was time to make that change."

People who know Owens intimately were, at first, surprised by "that change." However, after witnessing the first half of his first term as county coroner, they're no longer taken aback by what he's done. It's classic Owens—a counterintuitive career twist driven by equal parts confidence, determination, and passion. He's not your average coroner, for sure. Owens uses his office in a way that it has never been used before: to confront every member of this community—black and white, young and old, suburban and urban—about the violence that's wracking our streets; to make everyone understand its impact; to make everyone see their role.

For years, Owens was responsible for bringing life into this world. Now he's walking through the valley of death. And he's determined to take all of us along.

OWENS'S PROFESSIONAL ACHIEVEMENTS

are well known. In 1982 he established the first division of reproductive endocrinology and infertility at the University of Cincinnati Medical Center and started its in-vitro fertilization program. He was responsible for the city's first successful in-vitro conception and, in 1986, made headlines when he achieved Cincinnati's first test-tube baby from a frozen embryo. That same year *Black Enterprise Magazine* named Owens one of the top 15 black doctors in America. Since 1991, he has been on the board of directors of U.S. Bancorp, the eighth-largest bank in America; he sat for nine years on UC's board of trustees, chairing the board from 1993 to '95; and he's currently a member of the board of the Greater Cincinnati/Northern Kentucky International Airport.

But he's 59 now, and a different sort of ambition seems to be driving him, one cradled in loss. He was the second oldest of seven children born to O'dell Owens and Angelita Moreno Owens, the daughter of a Mexican father and a black mother. His father, who died last summer, bought and delivered produce for Ciresi's Market when O'dell was a child.

He remembers a childhood of comforting predictability. His father came home from work at 4:30 every day and dinner was on the table. The children were put to bed by 7:30 at the latest, even on long summer days when other kids still played in the streets in their West End neighborhood—an early introduction to the many small regimens that would inform Owens's adult life. That well-ordered existence was shattered at age 12, when his 29-year-old mother died suddenly—"probably of a ruptured aneurysm," Owens tells me. He says it with the practiced objectivity of a seasoned medical professional, but it's evident that her absence is still with him.

On a Saturday morning in January, I'm scurrying behind Owens at Findlay Market. He walks fast; my barber tells me he sees Owens power-walking up Reading Road in North Avondale every morning, throwing up a hand to wave intermittently as cars whiz past, honking. At Findlay Market, he briskly navigates the moderate crowd with his mental shopping list (four large chicken wings, four bone-in chicken breasts, veal, chicken salad, and turkey pastrami) while playing the politician. He has a "How ya

doin'?" for nearly every shopper he passes—regardless of whether they speak to him or not. Half the folks recognize him and respond; the other half recognize him and simply stare.

Pausing at a bin of fresh produce, Owens is approached by a gregarious black man. "Doctor Coroner!" the man announces. "I have a picture for you!" The man digs into his pocket and produces a thick wallet. "These are your creations before your other life," he declares, showing a picture of two plump cherubs. "Twins!"

Smiling, Owens studies the photo while the man chatters on, something about "the other coroner" and "didn't even know he existed" and "keep up the good work."

When his fan departs, I ask Owens about his mother's name, and that's when his own wallet appears. He eagerly pulls it out—a wallet that's empty except for three small, well-worn photographs: one sepia-toned picture of his mother as a teenager; another of his grandmother; and a color photograph of his daughter, Morgan. (Owens also has two sons, Justin and Christopher, with Marchelle, his wife of 30 years.)



The photo of Angelita Moreno Owens looks ethereal, with the ghost-like quality that some old pictures take on as they fade. Her features are delicate and innocent: dark and soulful eyes, a broad and rounded forehead, long dark hair pulled off her face, and a Mona Lisa smile. Morgan is an exact replica, only with sandy brown hair, and you can see something of his grandmother in both. It is a chilling triumvirate of genetics, and he carries the photos in his wallet as if they were talismans. Suddenly, I am struck by what has long intrigued me about Owens's physical appearance, about the hard-to-describe yellow cast to his complexion, his broad face, and the matted cotton of his hair when he lets it grow into a tiny Afro. It's his Mexican lineage.

Amidst the bustle of shoppers and orders being shouted across the poultry counter, we stand hunched over the images. Owens thumbs the photos and grows quiet and nostalgic. "I was so proud at school whenever she'd come because she was always the prettiest mother," he tells me.

After she died, the family's hard-scrabble life became even harder. Owens was accepted at Walnut Hills School, but flunked out in the eighth grade after missing too many days spent caring for sick siblings. He eventually transferred to Woodward High, where he had to beg his counselor to enroll him in algebra and biology instead of shop classes. He was teased at school for being poor and for wearing old clothes. Feeling the crush of peer pressure, he flirted with crime out of necessity when he considered stealing a winter coat. Luckily, it snowed and he earned the money for a coat shoveling driveways and sidewalks.

"People ask me, 'Was going to Yale or Harvard hard?'" he says. "No. 'Was learning every nerve cell and muscle in the body hard?' No. Being poor was hard."

HIS ODD JOBS TOOK HIM TO THE HOME of Dr. Clinton H. Buford and his wife Cathryn in North Avondale, babysitting the couple's two sons. What began as chores to earn some cash led to a profound life change.

"He was a teenager when he first started babysitting for my older brother and me," Calvin D. Buford, an attorney with Dinsmore & Shohl, recalls. "I

was 3 or 4 years old. It was one of those slow but sure evolutions. He would stay with us for an evening, then he'd stay the night, then he'd stay the weekend and then he'd stay the week. When the evolution was complete, all I knew was that he was my brother."

Owens's father, struggling to raise his youngsters on his own, decided to move his family back to Detroit, where he had relatives who could give him a hand. Initially, Owens says, his father wanted him to move with the family and maybe later work at the Ford Motor Company. But then he saw an opportunity for O'dell to have a different life. "He approached my mother and father," Buford says, "and said, 'O'dell enjoys your family and he's thriving.'" The senior Owens and the Bufords agreed that O'dell would be better off if he stayed with them. The Buford family embraced him like a son.

Surrounded by high expectations in the Buford household, and seeing vast possibilities before him, it must have been like living Black History Month 365 days a year. Dr. Clinton H. Buford, who died in 1975 of cancer, was the first black surgeon to receive operating room privileges in Cincinnati during segregation; Cathryn C. Buford has a master's degree in social work and in the late 1960s cofounded the Sickle Cell Awareness Group that's now part of the Cincinnati Urban League. Clinton's sister, Aunt Vera Edwards, was a University of Cincinnati professor who preached the virtues and responsibilities of reaching one's potential.

"Education represented its own religion in my family, second only to Christianity," says Buford. "O'dell, my brother, my cousins—all felt the importance of education. For O'dell that was particularly a good fit." Intelligent, driven, and creative, Owens had no problem appropriating the priorities of his adopted family. Buford says he once brought home a report card from Walnut Hills with all As and one B. Owens, home visiting from college, "only in half jest threw it on the floor and said, 'Next time I don't want to see any Bs.'" Buford knew it was the same standard O'dell set for himself. He thinks that, for Owens, the supportive environment in the family household meant "the sky's the limit."

"That meant As, that meant scholarships, that meant medical school," Buford says. "It enabled him to develop a

mission for himself." Living with the Buford family didn't necessarily make him a success, but it allowed Owens to put his energy into achieving, not simply surviving. "Which," says Buford, "is a luxury in the black community for sure."

OWENS EARNED A BACHELOR'S DEGREE IN 1971 from Antioch College. After that, he didn't just attend medical school, he got into the best and excelled, earning a medical degree and a master's degree in public health from Yale Medical School. "Back then I had to be a super-nigger," Owens says of his college career. "The data said blacks weren't getting into medical school."

He began his residency in obstetrics and gynecology at Yale in 1976, and from 1979 to 1980 he was chief resident. He then held a two-year fellowship in reproductive endocrinology and infertility at Harvard Medical School. Dr. Elbert Nelson, director of the department of obstetrics and gynecology at Christ Hospital, interviewed Owens in 1976 when he was deciding between residencies at UC and Yale.

"When you interview residents, you're looking for, first of all, quality," Nelson says. "And you're looking for a good citizen and good medical knowledge." He saw this in Owens—plus, he says, "he was a Cincinnati kid. I thought that was interesting." Owens ultimately chose Yale for his residency, but returned to Cincinnati in 1982 to head the reproductive division at UC Medical Center. "It made great sense theoretically for him to come home and practice," Nelson says. It made even greater sense for UC to lure back an exceptional talent. Owens brought with him the sheen of his Ivy League training, a penchant for medical innovation, and an ability to lure research money.

Nelson and Owens, once potentially teacher and student, became friends. Their friendship made sense within the cloistered and mostly male community of black medical specialists in Cincinnati, where, even in the early 1980s, black doctors weren't getting the number of patients on par with their white counterparts.

"It [was] like a fraternity to a certain extent," Nelson recalls of the black medical community then. "We had people who couldn't have privileges at hospitals. There weren't • CONTINUED ON PAGE 220

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CINCINNATI MAGAZINE

April 2007

home & garden



seeing Green

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Welcome to the April

CINCINNATI MAGAZINE
**home
& garden**

I learned something new this month: Living "green" is not an all-or-nothing proposition.

That was no small realization. On some level, I believed that eco-friendly living happened only for those who've built Earthships in New Mexico. But after meeting the people profiled in "Shades of Green" (page 148), the theme became abundantly clear. Green living is a process, and it's okay to embark on it a step at a time. In addition to their commitment to preserving our natural resources, the homeowners profiled shared something in common—they all have green projects and products remaining on their wish lists. When time and money permit, they'll take the next steps.

Wherever you are on the path to living green, this month's Home & Garden section is designed to help you go forward. Not quite ready for farmers markets? Contributing writer Coleen Armstrong shows you how to go organic without leaving your grocery store (page 156). Associate editor Jessica R. Brown gives us a sneak peek at the Civic Garden Center's educational green roof project (page 162), where you'll soon be able to learn more about storm water management and environmental stewardship. In "Greener Pastures" (page 174), Judi Ketteler offers us 10 easy ways to be more environmentally friendly in the garden. And don't miss a great little book on green gift-giving (page 139).

Remember, you don't have to try everything at once. Just pick one thing—a compact fluorescent light bulb, maybe, or a canvas grocery bag—and take a step. The important thing is that we all keep moving.

Marrie Hayutin

Marrie Hayutin, Special Sections Editor

COMING NEXT MONTH

Outdoor Living: From hot tropical plants to cool summer design trends, we'll show you new ways to enjoy your outdoor spaces.

Plus, find your perfect deck chair.

COVER: S. Flavio Espinoza, courtesy of CNCURC; LEFT: Book cover image by Jennifer Levy; CENTER: Photo by Steve Pasz

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—Roxane Hasselbeck

\$149. Available in black or white. Additional seed kits are \$19.50—choose from Cherry Tomatoes, Salad Greens, International Basil or Chili Peppers. Available at Frontgate in West Chester, 513-603-1444, www.frontgate.com.

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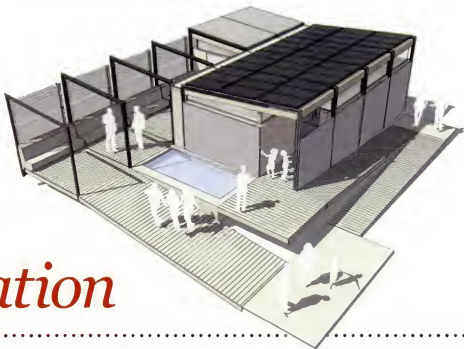
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student sun-sation

Students from the University of Cincinnati will be exercising their minds this fall when they compete in a Solar Decathlon. UC was chosen as one of 20 college teams competing to design, build and operate a 100 percent-sustainable, solar-powered house.

More than 200 business, design and engineering students have worked to create innovative technology—from roofing advances to a unique electric heat pump—for the 800-square-foot

house. The contestants will be judged on 10 different criteria, ranging from the quality of the architecture to market viability.

The group will begin construction this spring in Northside. They will transport the house via truck to the National Mall in Washington, D.C., for final judging in October 2007.

—Jessica R. Brown

For more information on the project, log onto www.daap.uc.edu/solar2007/.

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re-gifted

Make gift giving more rewarding—for the recipient and the planet. Environmentalist Danny Seo shares more than 50 of his best environmentally friendly ideas in his book *Simply Green Giving: Create Beautiful and Organic Wrappings, Tags, and Gifts from Everyday Materials*. The project grew from Seo's frustration with cardboard boxes, wrapping paper and other items invented to be thrown away. He'll show you how to recycle greeting cards into festive luminaries, fashion bows out of old VHS tape and turn empty potato chip bags inside out to make shiny wrapping paper.

—Marnie Hayutin

Simply Green Giving: Create Beautiful and Organic Wrappings, Tags, and Gifts from Everyday Materials by Danny Seo; Collins, An Imprint of HarperCollins Publishers; \$19.95. Available at Joseph-Beth Booksellers in Rookwood Pavilion, 513-396-8960.



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[in residence]

Nancy Kibbee

Nancy Kibbee raised a lot of eyebrows when she first launched her own company back in 2001. Few people were paying much attention to Energy Star ratings, or greenhouse gases. So when she began talking about organic fabrics and renewable resources, listeners' eyes glazed over.

Today, as president of Natural Interiors Inc. in Blue Ash, Kibbee is considered an industry front-runner. She exclusively distributes natural, environmentally safe and rapidly renewable flooring products to more than 390 retailers throughout five states.

Ask her about bamboo, cork, natural linoleum or chemical-free wool carpeting, and she once again becomes impassioned. A crusade that began years ago has finally taken center stage with the LEED (Leadership in Energy and Environmental Design) Green Building Rating System, which has developed a standard for product evaluation and raised consumer awareness.

Meanwhile, back in her own home in Symmes Township...

LIVING GREEN MEANS attempting, when at all possible, to use only renewable resources—which would improve not only the quality of human life, but also the life of our planet.

EVERYONE SHOULD USE organic or nontoxic products, including those for cleaning, as much as possible.

THE GREENEST SPOT IN MY HOUSE is my master bedroom. It has a bamboo floor and a mattress made from organic cotton and natural latex. The wall paint is nontoxic.

MY OTHER FLOORS ARE bamboo with some oak and Hevea (rubberwood). It comes from rubber trees and is sustainably harvested.

WHAT'S ALWAYS IN MY FRIDGE is organic skim milk. It contains no growth hormones or antibiotics.

WHAT'S NEVER IN MY FRIDGE is red meat. I usually don't eat it.

I CAN'T LIVE WITHOUT my green tea lattes.

THE SMARTEST THING I EVER DID IN TERMS OF ENERGY SAVINGS was to upgrade my furnace to one that's more efficient. Then I turned down the heat and started wearing heavier sweaters!

WHAT PEOPLE DON'T REALIZE ABOUT GOING GREEN is that it's more than just a trend. Someday it will be the norm.

MY FAVORITE GREEN RESOURCE RIGHT NOW is www.teragreen.com, dedicated to bamboo flooring. It's a terrific place to learn about quality, finishes, stain colors, coordinating products and LEED credits.

ONE CHANGE I WISH EVERYONE WOULD EMBRACE much faster is a movement toward all-natural interiors. They vastly improve one's quality of life, because there are fewer toxic substances and breathable emissions.

IN THE FUTURE GOING GREEN WILL BE totally mainstream and absolutely the thing to do.

—Coleen Armstrong



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THE EAB IS 1/2 AN INCH LONG.

what a borer

It's hard to see the reason the City of Madeira may spend up to \$200,000 to cut down 200 ash trees...that's because it is hidden beneath the bark.

A metallic green insect about the length of a staple (1/2 an inch) has killed millions of ash trees in Ohio, Michigan, Maryland and Ontario, Canada. Now, infestations have surfaced as far south as Warren County and could soon threaten the trees growing in your backyard.

The Emerald Ash Borer (EAB) beetle colonizes in living ash trees and will kill them within three to five years of infestation. Hatching larvae tunnel into the tree to feed beneath the bark, creating an S-shaped pattern and cutting off the tree's nutrients. The problem is devastating for Ohio where nearly one in 10 trees is an ash, according to the Ohio Department of Natural Resources.

Cincinnati homeowners are advised to explore their options before the EAB arrives (but no one knows for sure exactly when that will be). Insecticide offers some protection to healthy trees, but it won't help a tree that is already infested. And as long as the insect is a threat, you must re-apply the treatment every year, which can add up quickly and end up costing more than removing the tree. Experts advise using the insecticide option for trees you

JDRF Wild for a Cure



consider "high value," such as the center of a landscape or one that has sentimental importance.

It is still early to remove ash trees since the infestation hasn't begun yet in Cincinnati, but removal could save you money in the long run. Young or living trees are cheaper to remove than large, dead or dying trees. A young tree could be cut down and substituted with another species to grow in its place. As trees become infested, Madeira plans to replace those planted on public property with species that are typically good for neighborhood landscaping, such as Cleveland Select Pear, linden and maple.

Monitoring your trees is important. The easiest way to identify EAB is the 1/8-inch D-shaped exit holes they leave behind—native borers leave holes, but they are larger and round. Peel back the bark to locate S-shaped sawdust-packed galleries and legless, creamy white larvae. Also look for symptoms typical of other ash tree problems, including vertical splits in the bark, branch dieback and thinning canopy.

Help slow the spread of EAB; call 1-888-OHIO-EAB if you suspect an infestation.

To find out if you own an ash tree, diagnose an infestation or learn additional facts about EAB, log onto www.ashalert.osu.edu.

—Roxane Hasselbeck

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one to grow on • by ron wilson

pot luck

container gardening gets everyone growing

For years we have been talking about the benefits of container gardening, and today it has become one of the hottest trends in gardening. Why, you ask? Growing plants in containers affords anyone, practically anywhere, the opportunity to do some type of gardening. You don't need a yard. You don't need to till and weed and mulch. You don't need a lot of space. And even if you do have a lot of space, container gardening brings plants to the deck, the patio, indoors, even right into the landscaping itself.

But there are many other reasons why we're gardening more in pots and planters:

- Containers can be filled with perfect planting mixes, so they offer a cure for absolutely terrible garden soils.
- They're portable. Move them where you want them for decoration and design, for screening, for a temporary "look" or a quick fix. They can help get a jump on the spring season, as well as help to extend the season, because you can move them in and out as the weather dictates.
- They're quick, and in many cases, instant.
- What a great way to get kids involved in gardening! Give them a pot and let 'em grow their own veggies and flowers.
- They keep seniors involved in gardening. Many assisted living facilities today are implementing container gardening programs. With one or two containers, seniors can grow their own tomatoes, peppers or colorful flowers, just like they used to in their backyard gardens.
- Container gardening is an excellent way to provide the physically disabled an opportunity to garden.
- How about first-time gardeners? This can be the perfect way to get their hands dirty and begin to experience gardening on a limited basis.
- They're year round. Containers can be planted to reflect each of the four seasons.
- Because they can be moved into warmer climates for the cold seasons, they're a great way to grow tender or tropical plants.

going organic

With today's concern about the use of pesticides and the increased interest in organically grown fruits and vegetables, container gardening is the perfect way for you to grow your own fruits and vegetables naturally or organically. You control everything that is fed to or sprayed on your plants in the containers, so simply switch your programs to a more natural or organic system at a level that's comfortable for you. Remember that true organic gardening means not using any synthetic fertilizers or pesticides on your plants. Visit your local independent garden stores for organic alternatives.

—Ron Wilson



Let's take a look at what you'll need for your container gardening:

containers Honestly, if the container holds enough soil to grow what you want to grow and has good drainage, just about anything can be used! Multiple drainage holes are very important, and forget the gravel in the bottom of the pot—it only adds weight.

soil Soilless potting mediums are the only way to go for container gardening. There are many mixes to choose from, but most are a combination of sphagnum peat, vermiculite, perlite and a little bit of bark. This is what the professionals use; it provides good moisture retention, but excellent drainage as well.

plant food The soilless mixes contain no nutrients, so you'll need to feed your plants. Slow-release fertilizers can be added to the soilless mixes, or you can use water-soluble fertilizers as needed or whenever you water.

watering Okay, I will admit that this is one of the biggest drawbacks to container gardening. Obviously it will be up to you to provide your plants and pots with sufficient water, especially during the hot days of the summer. You can help yourself on the watering by adding water-retention products such as Soil Moist to your soilless mixes. These small polymers absorb water, hold on to it, and then release the water back into the soilless mix as it begins to dry out. You may also want to try Aqua Cones for a slow drip watering or add an actual drip irrigation system to your container garden.

plants So, what plants can be grown in your containers? As far as I'm concerned, if it grows in the ground, chances are you can grow it in a pot—probably even better than in the ground! Annuals, perennials, herbs, greens, root crops, tropical plants, blooming bulbs, fruits and vegetables, dwarf trees and shrubs, roses, water plants (yes, water gardening in containers is a great way to grow!)...the list can go on and on. You're limited only by your imagination and the size of the pot.

Ron Wilson is the host of *In the Garden*, which airs Saturdays from 6-9 am on 55KRC The Talk Station. Have a gardening question for Ron? Email him at ronwilson@clearchannel.com.

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We offer top picks for events geared toward improving your home and garden.

THIS MONTH

april 4

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Civic Garden Center

Pack a lunch and meet in the library for a lecture on daffodils by Bill Lee of the Southwest Ohio Daffodil Society. Lee will lead a walking tour through the Peggy Macneale Memorial Daffodil Garden to view more than 600 varieties of the early bloomers.

Cost: Free, registration required
513-221-0981, ext. 18

april 6-29

ZOO BLOOMS

Normal Zoo hours

Cincinnati Zoo & Botanical Garden

Erupting with 80,000 tulips and more than 1 million daffodils, blooming spring bulbs and flowering trees and shrubs, Zoo Blooms is one of the largest tulip displays in the Midwest. This year, enjoy the Tunes and Blooms concerts held in the Zoo's largest garden from 6-9 pm every Thursday. On the weekends, take a garden tour guided by a horticulturist.

Cost: Free with Zoo admission

april 7-20

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Noon-4 pm, Saturday

University Galleries On Sycamore, 628

Sycamore St.

If an art gallery and a furniture store collided it might look a little something like this. This exhibit, which features 20 unique chairs, is the product of 10 weeks of hard work by University of Cincinnati design students. Expect some strange materials such as a "moldable stone slab" or thermoplastic resin—even wine corks collected from more than two dozen restaurants.

Cost: Free

For more information, call 513-241-1400

april 21-29

CINCINNATI FLOWER SHOW

Lake Como at Coney Island

9 am-7 pm

The Cincinnati Horticultural Society invites you to "Play in the Dirt" at this award-winning show, which features gardens, cakes, a lecture series and more. Check out the new first-time events including an "Around the World" food and wine tasting event.

Cost: Adults, \$20 (\$15 in advance), children ages 3-12, \$5.

Tickets can be purchased online at www.cincyniflowershow.com or at any area Kroger store or National City location.

—Roxane Hasselbeck



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shades of green

Local homeowners have embarked on the path to green living. They say you can do it, too.

written by
Sue Goldberg
photos by
Steve Paszt



earth activist

Sister Paula Gonzalez

It's a brisk, biting day, with snow still on the ground from a recent blast, but Paula Gonzalez, Sister of Charity, stands in the middle of her decadently warm great room sporting a short-sleeved, red polo shirt. Her comfortable Delhi home, a former chicken barn featuring thickly insulated walls and windows, smart passive-solar design and an energy-efficient wood stove, is so well planned that, except for the wintry view, today's cold snap isn't even noticeable.

"It's a little too warm for me today," Sr. Gonzalez says with intentional irony.

Sr. Gonzalez zips around her 1,500-square-foot home—built for under \$15,000 in 1985—giving the salvage history of each cabinet, timber and door. "We're just organizing the Southwest Ohio Clean Energy Network," she interjects. "It's a regional group of GEO (Green Energy Ohio) that we're trying to activate, and last night was the first meeting."

She serves on the board of GEO and Cincinnati Earth Institute. GEO honored her in 2005 with a lifetime achievement award, but that's not something that excites her. What excites her is last night's speaker from Toledo. He built a home that's entirely off the energy grid and powered by the sun.

"Isn't that neat?" she says with obvious delight.

It is, and so is her philosophy of nature's cyclic way of operating. Using the life cycle of a leaf as an example, this former College of Mount St. Joseph professor explains how we can change our industrial model of thinking—take, use, throw away—to nature's model of producing, decomposing and re-producing.

"There's no resource shortage, and there's no pollution," she says referring to the cyclical model. "That's what's wrong with the industrial model—resource shortage and pollu-





LEFT: Sister Paula Gonzalez calls her home La Casa del Sol, which is Spanish for The House of the Sun. **LEFT INSET:** EarthConnection. **ABOVE LEFT:** The carpet in EarthConnection's Resource Center is made exclusively from recycled No. 1 plastic bottles. **ABOVE RIGHT:** Plants thrive in the sun space, which is the primary heat collector for a passive solar house.

tion. And [it] will continue to be like that as long as you have a model that's linear—until you go cyclic."

Just about everything in her home follows that cyclic model. From hand-me-down laundry room cabinets to shower-door skylight panels, most features are crafted from re-used or recycled materials. The rest was either donated or purchased using money made from yard sales.

"Sometimes three weeks will go by before we empty this trash," Sr. Gonzalez says referring to the kitchen's trash bin. Composting, pre-cycling and recycling take care of the rest. She saves and sells aluminum scrap on her own, bringing in \$100 last year for her efforts. She sees herself as a miner, mining the ore of the industrial society.

"There are three major mines: basements, attics and garages," Sr. Gonzalez says. "They are so full of 'ore' that it isn't even funny."

She attributes her dedication to green living to at least three life-transforming epochs: a 1969 Apollo picture taken of the Earth from space; a Catholic church document, "Justice in the World" that made her aware of the global situation's impact on humans; and a childhood marked by financial struggle but deeply imprinted with a sense of Earth's abundance from a fruitful 10-acre family farm in Albuquerque, N.M.

A scientist by training, with a Ph.D. in biology, she found herself drawn to study ecology and renewable energy. She saw current trends pointing toward extreme climate change and devoted herself to the practice of sustainability.

After building her home, Sr. Gonzalez embarked on an am-

bitious plan in the '90s to construct a sustainable, environmental-education resource center just down the street. EarthConnection is a 3,900-square-foot facility built upon—and around—the frame of an existing garage. With help from a student team from UC, the timber-frame, passive- and active-solar building was built with sophisticated materials and technologies.

Stress-skin panels (basically a drywall, expanded polystyrene and fiber-cement sandwich) help to superinsulate the building envelope at R-25. High-performance windows (R-8) reflect heat away from the building in the summer and retain heat during the winter. A solar-assisted, geothermal, radiant-floor heating system, low-flush toilets and photovoltaic panels are all just part of the building's green appeal.

When it comes to making practical green choices in our everyday lives, she passionately suggests two changes: adding insulation to our homes and driving more energy-efficient cars.

"[Those] are the two really big ones," Sr. Gonzalez says. Other easy suggestions include canvas bags for store trips, eating less meat, buying locally grown food and switching to compact fluorescents, which will reduce energy usage by about 75 percent and produce savings on your energy bill to boot.

"It's something you can do with a twist of the wrist," Sr. Gonzalez says. "Choose. Choose is the operative word here." *

See the EarthConnection building in person during Cincinnati Great Outdoor Weekend, Sept. 29-30, 2007. It will be open for tours all day Saturday and in the afternoon on Sunday.

simple steps

Steve Paszt

Steve Paszt deserves a green medal for persistence. He spent the first few minutes of this interview with a phone cradled to his ear trying to get his name removed from a direct-mail list. He's just added hours to his life, while the rest of us will be spending precious minutes sorting junk mail this week and hauling the overflowing recycle bin to our curbs.

When Paszt began taking a more mindful approach to his energy-consumption habits, he equipped his west side home with compact fluorescent lights, a super-efficient washer and dryer, and a tankless water heater. When the meter reader took a look at the numbers, there was skepticism: "This can't be right. Something's way off." Paszt just smiled.

The Cleveland native has managed to pare down energy bills for his 1958 Modern home by 56 percent—so far. In July, he's heading home to Cleveland for a few days to attend the Solar 2007 energy conference where, no doubt, he'll find more great ideas.

"It's a learning process for me," Paszt says. "I'm just trying to pick up as much information as I can. I'd eventually like to be off the grid as much as possible."

To do that, Paszt is tempted to heat with wood. He's seen some highly efficient wood-burning stoves fitted with catalytic converters that clean up emissions. He'd prefer solar or geothermal, but price tags are a bit out of reach for now.

ABOVE: Steve Paszt's high-efficiency washer uses less than half the water of a standard machine. **RIGHT:** The dual-flush toilet allows the option of a .9-gallon flush for liquids or a 1.6-gallon flush for solids.



Fortunately for Paszt, the Modern design of his home naturally incorporates some fab green features. The mostly brick-and-glass structure has cleverly built skylights in the kitchen, which even on a gray, cloudy day give the impression of fluorescent light fixtures.

In going green, Paszt makes conscious choices in other areas of his life as well. His yard sees a modest amount of sunlight, so gardening is limited, but he's extremely committed to the local food scene. His refrigerator sports slogans such as, "Local food, thousands of miles fresher."

Transportation often means taking the bus, using a vehicle that runs on biodiesel or biking. For his bike trips, he's discovered a muscle-powered bike light that never needs batteries.

So with all this greening going on, there must have been an "a-ha" moment, some sort of epiphany that led Paszt to this particular path. No, he contends. Instead, he points to a multitude of people and experiences that formed and shaped this lifestyle commitment.

His parents grew up very simply in Eastern Europe and instilled a make-do, re-use, work-hard ethic in him. Time spent in Europe playing ice hockey as a teenager and studying abroad in college showed him the great cultural divide when it came to the use of natural resources. He can't even understand why his dual-flush toilet and tankless water heater are novelties here when they've been standard in Japan and Europe for quite some time.

The commercial photographer is also hoping to green up his business. The digital revolution, he notes, has eliminated most caustic chemicals and, overall, produces less waste. He also relies as much as possible on sunlight for illumination at work.

For people who complain that going green is too difficult, Paszt disagrees. His tankless water heater for example, provides unlimited amounts of hot water, yet heats the water only on demand. What household with teenagers wouldn't love that? His washing machine uses only 17 gallons of water versus a typical machine's 40-gallon cycle and spins the clothes at an amazing speed of 1,800 rpm. Shirts are practically dry before they hit the dryer. And taking the bus creates extra space in his day to relax and read a book—an unheard of luxury in many of our time-starved lives.

"All the changes I've made have been very simple," Paszt confides. "I haven't been inconvenienced. If anything, it's become more convenient." ❄





constructing a green life

Justin Long

There's a bit of Wendell Berry's "Mad Farmer" in Justin Long as he speaks of the satisfaction of urban gardening. He delights in such rare joys as worm composting and native-plant gardening to attract beneficial insects and, yes, even mosquito-munching bats, to his own backyard—a spot that recently shifted from Oakley to Mt. Washington.

Inspired by an herbalist and nursery grower near Athens, Ohio, and by college courses on environmental geography and plant biology, Long's interests took him into fish and wildlife management. His concern for the degradation of the natural environment led him to make a personal commitment to a greener lifestyle.

"It opened my eyes to the amount of resources we're using on this planet," Long recalls. "Just looking at the grand scheme of things and listening to certain scientists, you know. Whether or not you want to pay attention is up to you, but what's happening now—this is real. These are the results."

With an interest in green living and a natural bent for building and carpentry, Long took a good look at his first home in Oakley, originally built in 1916. The easiest problem to spot: The place had no insulation.

"Well, it was my first home," Long says. "I always wanted to have a place to try some things out."

So Long experimented with creating a more energy-efficient home. He made common-sense improvements such as adding insulation and upgrading the original single-pane windows to newer insulated glass. With 20 years of wear, the home's HVAC

Justin Long, owner of JML Carpentry, encourages homeowners to salvage materials and fixtures when renovating instead of discarding them and sending them to landfills.

systems were begging to be replaced, so he installed a high-efficiency furnace, air conditioner and water heater. He also gave the home a fresh coat of paint, using a low-VOC (volatile organic compound) product to maximize his indoor air quality.

As he deconstructed and remodeled the home's kitchen, Long decided not to trash the old kitchen's cabinets. Instead, he contributed them to Building Value, a re-use center that sells donated new and salvaged building materials and uses the profits to fund the Easter Seals Work Resource Center. He also built his own concrete countertops, avoiding laminate materials that sometimes off-gas formaldehyde and other toxins.

Long's new home in Mt. Washington will receive the same common-sense, green upgrades. And just to spice it up a bit, Long is considering an experiment to heat his home with something most of us throw out after an evening meal.

"I've heard of a guy who uses used vegetable oil for his furnace," Long says. "I'm going to look into that." He's also planning on buying a diesel truck and converting it to run on used vegetable oil. "I've done a lot of research on it already, but I still I feel like I don't know enough about it yet," Long explains.

Energy Star appliances, including a high-efficiency refrigerator, and tiles for the kitchen and bath made from recycled material are on his wish list, too.

Long is taking his innate talents for building and carpentry (he's now the owner of JML Carpentry) and coloring them with his green commitment as well. Current projects allow him to use and evaluate green building materials ranging from indoor trims to outdoor decking materials. A homebuilder-client currently has Long installing a type of recycled trim for a new home.

"[The trim] just happens to be a pretty good product," Long observes. "It uses recycled sawdust."

A summer deck project using Trex composite deck material received high marks as well. "It's a very good product, but it also happens to be environmentally responsible because it's made out of recycled plastic and wood," Long says. "You never have to stain it or anything. Completely maintenance free." For the homeowner who's ready for some green ideas, Long recommends water-saving faucets, dual-flush toilets, tankless water heaters, recycled flooring or wood trim, and low-VOC materials for paints and carpeting.

"Basically reduce, re-use, recycle," Long says. "I want to reduce the amount of heat it requires in the building. I want to reduce the amount of water the building uses. And I want to re-use." ❧



Ceramic artists Gil Stengel and Yuki Muroe share a passion for clay that extends neatly into an appreciation of the earth. **BELOW:** The couple's collection of hand-thrown pottery lines the shelves in the entry hall.



hand-building

Gil Stengel and Yuki Muroe

Maybe it's the banana-leaf table centerpiece stuffed with a Zen-like rock garden. Maybe it's the cupboards stocked with hand-thrown pottery, the jazzy harlequin bust that seems to pop out of the oak floor like a jack-in-the-box or the two mismatched canines that share their home. Whatever it is, this Burlington, Ky., couple have an aesthetic and lifestyle that says earthy and eclectic.

Gil Stengel and Yuki Muroe hold a passion for clay, something that flows neatly into an appreciation of the earth. For these two ceramic artists now absorbed in white-collar professions (he's a real estate agent for Group, Realtors and she's a procurement administrator for Toyota), clay is still deeply entrenched in their lives. Not only are they devoting a

large portion of their roomy walk-out basement to studio space, but while digging the foundation for their passive-solar home, a vein of rich, workable clay was found running beneath the site.

"It's something I'm still checking out," Stengel says. "The joke is I'm going to have to build a different house, tear this one down and take the clay out."

Living in a passive-solar home is nothing new to the pair. Muroe was raised in Japan where, she says, resources are used sparingly and homes are traditionally oriented to the sun. Stengel, a Louisville native, built his first passive-solar home about 20 years ago in Trimble County, Ky.

"If you took the average house, anybody's house, and orient it to the sun, you could save on utilities," Stengel says. "It's such a simple system—an obvious concept. After I lived that way for a couple years, it's like, 'Why doesn't everybody do this?'"

Stengel lived in the timber-frame home through four win-



ABOVE: Stengel and Muroe's 10-loop radiant-floor heating system is nicknamed "the octopus." **RIGHT:** The wood-burning stove in the great room features a catalytic converter to reduce emissions. It serves as a back-up heat source.



ters and discovered how comfortable passive solar could be. "People told me, 'Everybody knows passive solar doesn't work.' But I tried it and it worked like a charm."

So naturally, when it came to building their new home, the couple incorporated passive-solar design and resource-saving measures such as dual-flush toilets and radiant-floor heat into the mix. Many of the materials they've used in construction, such as their vertical, south-facing, Low-E, argon-filled windows were purchased as recycled building products from non-profits such as Building Value or New Build. This includes the beautiful insulated, south-facing bay window that graces their dining area. The couple also snagged two pallets of quality oak flooring, considered defective because of a slight watermark, as a result of a friend's trip to Building Value. A skylight turned up as a great flea market find for \$10.

With discounted prices and their own labor, Stengel points out, they not only saved money, but they saved materials from ending up in a landfill. When he talks about framing, putting in flooring or windows, or running bright orange tubing for their 10-loop, radiant-floor heating system nicknamed "the octopus," Stengel is, for the most part, talking about his own work.

"He's the builder and the general contractor," Muroe explains. "We found the design of the house from the Internet."

With several design tweaks and some suggestions from

his brother, an architect in Louisville, Stengel began the laborious process of getting building permits, finding materials, scheduling inspections—oh yeah, and actually building the place. The end product is a 2,100-square-foot home that Stengel estimates they'll heat for \$125 per month by next year. Maybe even lower by the time he finishes with the home's sealing and insulation.

Stengel and Muroe find that their foray into conservation and homebuilding were done as much for economic reasons as for green reasons.

"I think when you separate those two, people lose interest and say, 'Eh, I'm not doing that,'" Stengel comments. "You know, I would never suggest that everybody go build an earth shelter facing south in a hillside or something. When people talk about building green that's what they talk about. But if you look at our house from the street, you wouldn't know that it was any different from any other house anywhere in the county."

The couple also acknowledge that their choices—everyone's choices—in green living include compromises. "We went as far down the green world as we could," Stengel says. "In a perfect world, I would have put photovoltaic on the roof and a deep-well geothermal in the backyard, but we just couldn't afford it." *



life imitates art

A NORTHSIDE HOUSING PROJECT TAKES ECO-FRIENDLY DESIGN
FROM THE EXHIBIT HALL TO THE NEIGHBORHOOD

A year ago, the corner of Fergus Street and Chase Avenue in Northside was a hot spot for police calls and criminal activity. In a few months, it will be the site of two of the most environmentally friendly homes in the country.

If the houses look familiar to you, you must have visited a recent exhibit at the Lois & Richard Rosenthal Center for Contemporary Art. They're based on the Butterfly House by designer S. Flavio Espinoza, which was featured in *The HOME House Project: The Future of Affordable Housing*, a traveling exhibit that made a stop last summer in Cincinnati.

"A goal of the exhibit is to demonstrate that environmentally friendly architecture can be affordable, beautiful and marketable," says Espinoza, a designer with Martin Architects in East Hampton, N.Y.

That goal meshed perfectly with the mission of the Cincinnati Northside Community Urban Redevelopment Corporation (CNCURC). While curators of *The HOME House Project* were searching for a local builder or organization that could bring one

of the project designs to life (an effort that's happening in several of the exhibition's host cities), CNCURC was working to increase homeownership and clean up blighted areas of Northside. The organization had already acquired the property at Fergus and Chase, formerly the site of a Pony Keg and two abandoned buildings.

"We're already beginning to see some of our goals accomplished," says Michael Berry, project manager for CNCURC. "Since we have acquired the properties and torn them down, it's no longer a hot spot."

Collaborating with *The HOME House Project* was a logical next step, and CNCURC began plans to build two identical 1,450-square-foot homes on the property. Local architect Alice M. Emmons worked with Espinoza to modify the original Butterfly House design to suit the scope of the project, and to make sure the final design fit the site and local code constraints. In particular, the roof's central water collection feature was abandoned because of its potential to require maintenance.

But the spirit of the house—and its earth-friendly focus—remains

WRITTEN BY MARNIE HAYUTIN | IMAGES PROVIDED BY CNCURC, CAC AND S. FLAVIO ESPINOZA



BACK VIEW



SIDE VIEW

EXHIBIT MODEL:
SUBURBAN LOFT

the same. Clerestory windows at the top of the house open to ventilate hot air and reduce the need for air conditioning. Espinoza also designed the home's overhangs to provide passive solar heating and cooling.

"If you design the overhangs right, they will block the summer sun and let the winter sun in," Espinoza says.

Emmons has directed the process of detailing the houses to conform with the LEED (Leadership in Energy and Environmental Design) certification standards outlined by the U.S. Green Building Council. If completed on schedule, the homes will be the first LEED-certified single-family houses in Cincinnati.

The proposed materials, Berry notes, have all been selected for their durability, safety and energy efficiency. The standing seam metal roof, for example, promises a longer life than a traditional shingle roof. And the concrete and wood composite siding will be more durable than vinyl or aluminum. Fixtures and appliances are all highly efficient, and paints will be low- or no-VOC (volatile organic compounds).

"We tried to make the house as open and airy as possible while still keeping the square footage reasonable," Emmons says. The house is laid out in 2-foot increments to make efficient use of standard building materials, it's well-insulated and well-ventilated, and it includes design details for handicapped accessibility on the first floor.

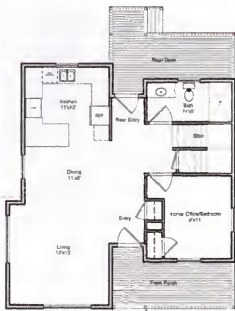
"It is intended to be a house that is easy to afford and live in for many years to come," Emmons says.

At press time, CNCURC was reviewing bids from builders—no easy task because most builders aren't interested in a project of this size. They usually fall into two categories, Berry notes: high-end custom builders who construct large homes, or builders of more modest homes who make their profit from constructing entire subdivisions.

Project leaders expect to break ground in the next several weeks, and they eventually hope to sell the homes for somewhere in the neighborhood of \$175,000. Although that's less than CNCURC expects to pay to build it, the nonprofit organization is eligible for assistance from the city and receives funding from private donors.

From here, CNCURC plans to continue its efforts to improve housing options in Northside, including exploring ways to apply green building techniques to rehab projects. "Using what we have is certainly one of the greenest things we can do," Berry notes. And while their building efforts are limited to Northside, project leaders do hope their work will set an example for the rest of the country.

"The goal is to see, at some point in the future, that all homes are going to be built with much more attention to the resources that go into them," Berry says, "as well as attention to the durability and the economic life cycle not only of the home but of the community in which it's located."



FIRST FLOOR PLAN



SECOND FLOOR PLAN



Fresh Start

how to go organic

BY COLEEN ARMSTRONG

Okay, so you're convinced...trans fats are out, whole grains are in, and anything stamped "organic" is healthier for both you and the environment.

But it's not long before you realize the learning curve is far steeper than that. Is natural the same as organic? Is whole wheat as nutritious as whole grain? And, where do you shop once you know those answers?

For those of you who are "almost green," we offer this guide. According to local experts, here's how to take the next steps toward living organic.

unearthing the facts

Green consumers are informed consumers. Don't go to the grocery store until you understand the following facts:

- Organic refers to farming methods; natural refers to ingredients. Organic means no use of synthetic pesticides or chemical fertilizers. (Composting is permitted, and crop rotation is essential.) Farmers must grow without pesticides for 10 years before their produce earns the term "certified" organic. Natural means no preservatives, no additives, no artificial colors or flavors. How serious are laws about supermarket placement of organic produce? So serious that organic bananas are not even allowed to touch non-organics. Pesticide seepage is apparently a concern.
- Oddly, the federal government has addressed organic labeling, but not natural labeling. A single natural ingredient allows the word to be emblazoned on the packaging.



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ing, so it's best to look for "100% natural." Any packaged food labeled organic on the front must be 100 percent. Products labeled on the side and back of the package are usually designated "Made with organic ingredients," which denotes 70 percent or less.

- Whole-grain breads and crackers carry more fiber than whole-wheat products. Whole wheat is often followed by the word "enriched," which means milled, refined—and containing additives such as molasses to give it a brown color.
- Tasteless tomatoes are due to hothouse gardening, which in turn is due to out-of-season expectations. Want a delicious one? Wait until July, or else visit an organic market.
- Organic now also applies to beauty products, such as soap, moisturizer, shampoo, toothpaste and deodorant. Regular brands contain not only chemicals, but also fillers to make them thicker and foamier. Cleaning products and paper goods don't qualify as organic; they're called "natural" when they're nontoxic and biodegradable.

"green" grocers

While farmers markets are satisfying and communal ways to buy organic produce, you can still go green without giving up your conventional shopping habits. Here's what the big grocers have to offer:

Wild Oats Market, with stores in Deerfield Township and Norwood.

Everything under this roof is organic and/or natural. Not just produce, but also spaghetti sauces, beverages, meats and deli items, body care and paper goods, even scented candles.

"Our standards are very high, so anything we bring into the store goes through a strict evaluation process," says Paula Mangold, regional marketing manager for Wild Oats.

Wild Oats patronizes many local produce vendors, thus cutting down on transport time and increasing freshness. A nut/granola/trail mix aisle offers scoops with plastic bags to cut down on packaging waste. Employees are trained through eight-hour induction classes to answer customers' questions and to note any requests. First-time shoppers quickly become fans once they're assured that nothing in meat cases contains hormones or antibiotics, that breakfast cereals are sweetened with cane juice rather than sugar, and that cooking and meal-planning seminars are scheduled regularly.

Some things to try: Tiny tomatoes with their vines still attached. Unsalted organic cashews. Horizon organic cheeses. Wild Oats' natural cranberry almond oat clusters with corn flakes.

bright ideas

lighten up

I needed more light. My living-dining area was wired for only a single fixture, so I'd invested in a massive six-bulb wonder. The only problem was that a 60-watt limit on each equaled a mere 360 total—not nearly enough for such a large space. While browsing a hardware store one morning, I spotted a display of compact fluorescents that boasted less energy consumption and more wattage. Great! I bought two packages, then returned home to replace four of my six incandescents with bulbs resembling vanilla ice cream squiggles. When I flipped the wall switch, I braced myself for an unflattering chemistry-lab glare.

As expected, the room was immediately flooded with light...but soft, not harsh. And now, with a net gain of 160 watts, I could see remarkably better.

The whole place looked brighter, cleaner, more vibrant. I saw textures and gradients in my furniture and rugs that I'd never noticed before.

How long, I wondered, has this been going on?

For a couple of years, says Jerry Lynn, vice president of sales for Central Light in Mason. No, I hadn't imagined that kinder, gentler glow; it was due, he explained, to newly improved fluorescent "coloring." Additional advantages over incandescents were almost too numerous to name: far less energy consumption thanks to lower wattages, up to a 10-times longer burn time, wide availability at hardware, grocery and box stores, a significant price drop and the capacity to fit into most incandescent sockets, even in table lamps. What was not to love? Well...

"Dimming is one thing that hasn't been fully addressed," Lynn noted.

Proper disposal poses another challenge. Compact fluorescents contain a small amount of mercury—harmless for home use, but, like batteries and paint, they do need to be disposed of carefully. Brian Huffman, universal waste and e-waste program manager for Rumpke, recommends treating these light bulbs much like any household industrial waste. For Hamilton County residents, drop-off sites can be found online at www.hamilton-countyrecycles.org.



clean green

Have you replaced your 12-year-old washer and dryer yet?

Any time you use an appliance purchased more than a decade ago, you're probably hearing a loud sucking sound—that's its enormous energy consumption. Researchers say that increased efficiency and lower utility bills will, over a new "green" appliance's lifetime, more than pay for that baby—not to mention, help the environment.

The greatest economy, says Erika Wilson Young, Southeast marketing manager for BSH Home Appliances, comes from water products. "Our Nexxt high-capacity washers use up to 76 percent less water and 72 percent less energy," she says. Also, internal water heaters (Bosch dishwashers have them, too) save on the expense of heating up the whole tank.

Because Bosch now offers the entire kitchen package of ovens, ranges, cooktops, refrigerators, dishwashers and microwaves, energy awareness has evolved to the point that the B800 series Evolution refrigerator is 60 percent more efficient than the federal government requires, and the built-in coffee maker stores used grounds for composting and alerts you when to empty the tray. *Popular Mechanics* magazine recently rated the Evolution 800 refrigerator one of the Top 5 Environmentally Friendly Innovations for the Modern Home, and J.D. Power and Associates ranked the Bosch clothes dryer and dishwasher highest in customer satisfaction.

—Coleen Armstrong



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getting down

A good way to stay warm in subfreezing temps is to wear a down parka. A good way to stay cozy at night is to snuggle beneath a down comforter. Although the expense can sometimes be daunting, studies show that with the right bedding, lowering your thermostat a mere three degrees each night over the five cold months that you're typically using your furnace can save \$500.

But an equally compelling reason for buying a down product, says Stefan Hunter, marketing director for Downlite in Mason (the outlet store is in Blue Ash), is that it's just one more way to save the environment. Unlike polyester and other petroleum-based synthetics, down does not deplete natural resources nor contribute to oil dependence. It's also 100 percent renewable, since the down and feathers used are harvested only from ducks and geese already designated for human consumption.

"If someone wants to go green," Hunter explains, "then clothing in general is a great place to start. You can choose unbleached cotton—or go all the way to completely organic items, which are farm-grown, then harvested, processed and finished 'green.'"

You'll also find organic cotton, silk and wool clothing and bedding—along with many other discounted health-related items—at the Gaiam Outlet in West Chester. The distribution

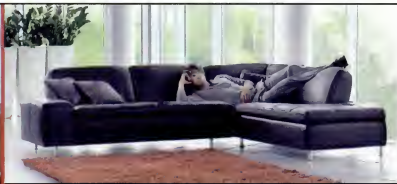


center opens only one weekend per month; on other days catalogs are available for pick-up. Organic cottons free of pesticides, chlorine and chemical finishes promote softness and breathability. Look for undergarments, bath towels, exercise wear, mattress pads and stuffed animals.

"The demand for organics will increase right along with a heightened awareness," Hunter says. "Some people, especially younger, more price-conscious consumers, can just be organic-friendly at first, using fibers that are grown normally, but then processed without chemicals. Many products still take that middle ground. Green still comes in many flavors."

—Coleen Armstrong

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Kroger, with 109 stores in Cincinnati, Dayton and Northern Kentucky, 89 of which have natural food sections.

Long known for putting the "super" in supermarket, Kroger is now also embracing with gusto its natural and organic food, beauty and paper clientele. What's more, they make it painless, with a dedicated section near the produce displays that carries everything from fruit juice to baby food to mouthwash to croutons. It's not overwhelming, which makes it easy for beginners. A few organic products, such as whole-grain pasta, are also duplicated in regular aisles. Look up; they'll be found on top shelves.

"Business is great; the demand is definitely there," says Teri Rose, natural food manager for Kroger. The store's greatest challenge, however, is space. "We're not presenting nearly the variety that's out there," Rose admits, "because we still need to be a basic grocery store. But we are offering top-of-the-line products in every category possible, and we're also looking at growing those areas."

There's currently a push to educate shoppers through informative ads and labeling regarding the many benefits of antioxidant juices and gluten-free baked goods—and why chemical-free household cleaners really do work.

Some things to try: Seventh Generation natural paper products. Anything by Newman's Own Organic—not just salad dressing, but snack items and coffee, too. Pomegranate, blueberry or grape juice, all good for the arteries.

bigg's, with 12 stores in Greater Cincinnati and Northern Kentucky, and four (Hyde Park, Beechmont, Mason-Montgomery and Union Centre) already dedicated to natural and

organic products.

What characterizes bigg's? The surprise element. Shoppers still think of bigg's as a minimum-price, buy-in-bulk destination, not a place to find, say, organic pet food. "We're definitely a stealth candidate!" laughs category manager Chris Zaborowski. "There's still that discovery aspect."

With 150 organic produce items, organic baby food and meat products, nontoxic kitty litter and chew toys, however, the bigg's star is rising. Becoming a player means listening carefully to customers; new product selections are based heavily on specific requests. That's why each store may have its own unique variety.

"We're constantly testing to be sure we're stocking the right stuff," Zaborowski says.

Some things to try: Any fresh fruits or vegetables; they're among the store's most boast-worthy items.

The only remaining consideration while shopping organic is price. Are naturals and organics more expensive? In general, yes—because processing and farming techniques take longer and cost more. "It's harder to find the sourcing and the ingredients," Rose agrees. "But more and more farmers are trying to respond to the rising demand."

And a funny thing happens on the way to eating better: You tend to chew slowly, savor more, gobble less—and be satisfied faster.

"Have you ever bit into a crisp Fuji apple, organically grown?" Mangold inquires. "It's sweet and succulent. Better than any dessert." *

RYAN REMODELING



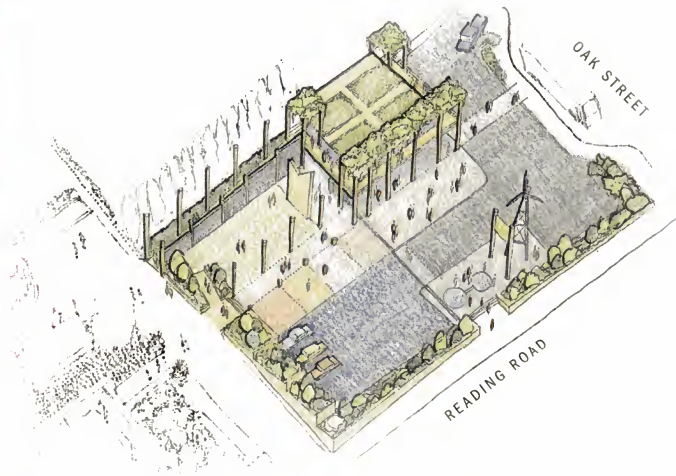
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Reaching New Heights

the Civic Garden Center's green roof will demonstrate environmental responsibility

BY JESSICA R. BROWN

An old gas station is fueling the green movement in Cincinnati. The former Standard Oil of Ohio gas station on the property of the Civic Garden Center of Greater Cincinnati will soon sport a green roof.

No, a green roof has nothing to do with tile or paint colors. This eco-friendly system is a layering of products that allows you to grow plants on top of a roof. Among its environmental benefits: improved air quality and a reduction in both storm water runoff and the urban heat island effect.

When the CGC's green roof is completed, hopefully by the growing season in 2008, it will be the first of its kind open to the public in Cincinnati. Visitors will follow a ramp up to the roof to view the four types of roofing featured in the exhibit (see chart on page 164).

"Our hope is that it serves as a demonstration project and makes something that is theoretical, more concrete and

accessible to everyone," says Mike Moose, a principal of glaserworks: Architecture and Urban Design and a designer working on the green roof project for the CGC.

what is a green roof?

Weight and drainage issues obviously prevent you from simply moving your backyard garden up to your roof.

"There are three main components to a green roof—the waterproofing membrane, correct growing media and a drainage/moisture retention layer," says Jack Schwein, a representative with American Hydrotech, which is donating its green roof products to the CGC's project.

Hydrotech uses the MM6125-EV waterproofing membrane, which has been used in roofing for more than 35 years. The black, rubberized asphalt with an elastic property is applied about 215 mils deep (as deep as four nickels) across the entire roof.

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the exhibit

The Civic Garden Center's exhibit follows a raindrop as it falls on three different types of green roofing—an extensive green roof, an intensive green roof and a semi-intensive green roof. (A changeable fourth section will show traditional roofing materials or experimental technology.) Here's how the green roofs work:

—Jessica R. Brown

ROOF TYPE	SOIL DEPTH	IRRIGATION	PLANTS	ACCESS	MAINTENANCE
EXTENSIVE GREEN ROOF	as little as 3 inches	no real irrigation system	drought-tolerant plants such as sedum or grasses	no human access except for maintenance	little maintenance, check semi-annually
INTENSIVE GREEN ROOF	minimum of about 1 foot of soil depth	irrigation and drainage system	greater variety of plants, even small trees	recreation area, treat like a garden	regular watering, fertilizing and mowing
SEMI-INTENSIVE GREEN ROOF	usually 6-12 inches	periodic irrigation needed	grasses, herbs and shrubs	limited human access	periodic maintenance

The waterproofing membrane layer is paired with a drainage and moisture-retention system designed to hold just the right amount of water, but no more. A moisture mat and a plastic unit that resembles an egg carton work together to hold water for the plants, while another part of the system moves excess water to the drainage area.

Water retention and drainage are important, but according to Schwein, the secret of the Hydrotech system is in the soil. Natural soil is too heavy to be used on a roof; instead, green roofs feature a lightweight engineered soil mixture that is specifically formulated for the selected plants.

An optional extruded polystyrene layer may also be incorporated to extend the life of the roof. The product is highly moisture-resistant, it helps to protect the roof from large temperature fluctuations, and it serves as a buffer for the UV rays of the sun.

"A normal roof will last 15 to 20 years," Schwein says. "This insulation will extend the life of the roof to 40 or 50 years."

benefits and costs

Storm water management, an issue in Cincinnati as well as in many other urban areas, is a primary goal for the CGC's roof project.

"The majority of the City of Cincinnati has a combined sewer system," says Marty Umberg, sewer chief engineer for special projects with the Metropolitan Sewer District of Greater Cincinnati. A combined sewer system sends water from street inlets, as well as run-off from gutters and yard drains, to the same pipe that carries water from toilets and showers. During a heavy rain, the treatment plant and sewers can't absorb the large flow of water so there are relief points along the pipelines—such as creeks—where water can be discharged to reduce the flow. According to the Metropolitan Sewer District of Greater Cincinnati's Web site, approximately 14.4 billion gallons of untreated sewage and storm water enter our waterways in a typical year.

"I think it's a major problem for every urban area because the more we pave, the quicker the water drains off it," says John Bentley, a principal of the landscape architecture firm Bentley Koepe Inc. American Hydrotech's Garden Roof Assembly can retain 50 to 90 percent of a typical rainfall on the roof. Even if the water does drain through the system, it goes through the soil first, which delays its entry into the sewer system.

While environmental advantages abound, green roofs do require residents to make a financial investment (not to mention a leap of faith in technology). Though pricing costs vary depending on the type and size of roof you choose, green roofs do cost more than conventional roofs. According to the United States Environmental Protection Agency, the up-front cost of an extensive green roof (the least complicated version) in the U.S. starts at about \$8 per square foot, compared to about \$1.25 for a traditional roof.

"They last two to three times longer," says Gary Meisner, FASLA, partner, Meisner + Associates/Land Vision, a board member for the Architectural Foundation of Cincinnati and a member of the green roof design committee at the Civic Garden Center. "In a long-term investment perspective, it's creating some pluses, especially if it's insulated."



EXAMPLE OF A GREEN ROOF IN EMMAUS, PA.

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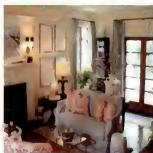
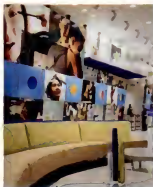
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spreading the word

This forward-looking approach has been embraced fairly recently in the United States. Green roofs are emerging across the country, including the Gap Inc. headquarters in California, Ford Rouge Dearborn Truck Plant in Michigan, Chicago's City Hall and our own Sanitation District No. 1 of Northern Kentucky in Fort Wright. And according to Bentley, Cincinnati does have structures similar to green roofs—such as Fountain Square, a plaza above a garage. "There is useful human space underneath a part of a structure that is waterproof," Bentley says.

The need for educational examples of green roofs was one of the impetuses behind the CGC's project.

"People are thinking back to when the technology first started," says Vickie Ciotti, executive director of the Civic Garden Center. "They just don't see examples of it, and that is why it is so important to do a demonstration garden."

The Civic Garden Center will have to raise \$800,000 in order to complete the green roof project and the ancillary demonstration areas on environmental stewardship.

"The enthusiastic response we have gotten from people just tells me that the time is right to introduce people to greening efforts," Ciotti says.

For a sneak-peek at the project, visit the Civic Garden Center's exhibit at the Cincinnati Flower Show, a display in front of the Civic Garden Center and www.civicgardencent.org.

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PLEASANT RIDGE MONTESSORI SCHOOL

Green by Design

architects and builders take the “LEED” in eco-friendly structures

BY SUE GOLDBERG

It's a “greening” of the minds.

While architects and designers are embracing the sustainability concepts embodied in the U.S. Green Building Council's LEED (Leadership in Energy and Environmental Design) guidelines, manufacturers are offering a tempting assortment of ecologically smart and sustainably produced materials. Throw in tax breaks and certification guidelines, which are providing incentives and peace of mind to developers and consumers who need to weigh the costs of going green with the promised health and environmental benefits they seek.

From this fertile soil, green buildings are blooming all over Cincinnati USA. Cincinnati Public Schools recently made a commitment to have all new construction follow green-design guidelines, and its new Pleasant Ridge School is on track to achieve LEED certification. The Cincinnati Park Board's administration building now features PV panels and a wind turbine to generate electricity.

While many examples conspicuously showcase green-energy technology, in some cases, a green building may not be recognizable at all. “I don't think there is an aesthetic consequence of building green, necessarily,” says architect José García of José García Design. “There's no necessary aesthetic implication—more and more—as we get more creative about new technology.”

In fact, experts say, a knowledgeable architect or interior designer can replicate any style, while incorporating energy-saving measures and environmentally responsible features.

GBBN Architects' green re-design of PNC Bank Beckett Ridge, which received LEED's silver rating, is just one example.

“We showed [PNC Bank] how you could make your typical branch bank—it still looks like a typical branch bank—be very green,” says GBBN's Alan Warner, a founding board member of the U.S. Green Building Council of Cincinnati. “We looked at things in terms of usage of



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in balance

According to the ancient Chinese art of feng shui, healthier environments are also a matter of interior design. By using elements of nature, color and intentional placement of interior décor, practitioners allow positive chi to flow freely through homes and buildings.

A complete feng shui design plan requires a consultation with a professional—or, at the very least, a trip to the bookstore. In the meantime, here are a few tips to get you started.

placement

Beautiful spaces begin with layout. Cyd Alper-Sedgwick, an interior designer for BOVA Contemporary Furniture in Harper's Station and a certified feng shui practitioner, recommends using your instincts when it comes to placement of furniture. If something feels out of place, pay attention to that feeling. Simple fixes, such as making sure furniture doesn't block windows or doorways, can create better flow.

Sedgwick, a native of Britain, finds that people here tend to fill their houses with lots of furniture, which is not such a good thing. "Less is definitely more," Sedgwick says. Feng shui experts say that clutter creates negative energy and inhibits the flow of chi.

color and balance

Each area of the home is associated with a different aspect of life—health, fortune, etc. Strategically bringing in colors and various natural elements can help balance a room's energy.

Use blues—in paints, textiles or art—to enhance wisdom. Red is used for relationships and integrity, green for family, and purples, reds or blues for wealth. Earth tones (orange, yellow, red) enhance health.

When a room's energy is overly weak or too strong, items such as windchimes and waterfalls can be brought in as "cures" to help create balance. Water, for example, can enhance the wisdom and wealth areas.

Sedgwick's final caution is to avoid dried flower arrangements and be fastidious about keeping paths trimmed and cleaned of dead leaves.

"Because anything that's dead, you don't want in your home," Sedgwick notes. "That's negative energy."

—Sue Goldberg

the site to reduce the heat island effect. We used concrete pavement instead of asphalt, because concrete doesn't get as hot as asphalt does."

Warner, a LEED accredited professional (AP), also used large overhangs on the project to help protect the exterior wall surfaces from rain and sun. The building's large windows allowed views to the outside and lots of daylight, so less artificial light was needed. The building's gray water (from sinks, for example), was collected and re-used for the flushing of toilets and also for landscape irrigation. The interior was completed with low-VOC (volatile organic compound) materials and finishes.

"When you buy a new car and there's that new car smell? That's basically all the new materials off-gassing," Warner says. "We try to buy materials that do not have a toxic content, [such as] adhesives and binders. Paint especially is difficult, so we buy low-VOC paints."

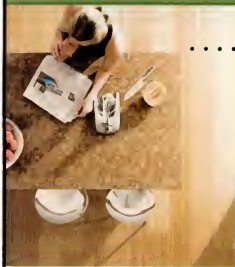
RWA Architects' Kenneth Workman focused on designing Wild Ginger, the Hyde Park Asian bistro, with an eye toward sustainability. Workman used bamboo, a material that's readily renewable and fast-growing, for the bistro's wood accents. Ceramic floor tiles made from recycled clays, ceiling tiles with 80 percent recycled content and recycled-carpet tiles (which can be returned to the manufacturer to create new tile) add green significance. The dining area chairs, manufactured by Peter Danko Design, have solid maple frames with seats and backs woven from recycled, post-industrial automotive seat belting. The end result is a durable, low-maintenance green site with an exotic flair.

Andy Corn, AIA, LEED AP, also of RWA Architects, acknowledges that green products and materials are just one aspect of the design process. "There are basic design issues that need to be addressed first. Starting on a grander scale—the site. There are easy things you can do for a building to make it as environmentally low impact as possible. [These] include things like [site] orientation and working with the existing landscaping and trees."

Corn suggests working with sun diagrams for proper orientation, then tightly insulating the building envelope so that the structure can be heated and cooled with the least amount of equipment.

"From there, it's about construction—efficient construction that uses as little resources as possible," Corn says. In fact, LEED guidelines point not only to a reduction in the use of construction materials for new buildings, but also encourage the greening of existing spaces and sites.

It Comes Natural



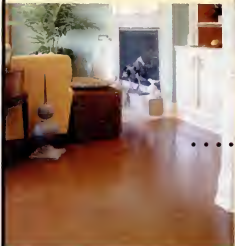
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"I was reading [that] the most sustainable building is the one you don't build," adds Michael Mauch, a principal of RWA. "Historic preservationists are saying the most sustainable building is the one you don't tear down."

On that note, Andy Radin, co-developer of The Edge condominiums, would definitely agree. Spurred on by the sensibility of re-development and the new tax incentives for LEED-certified buildings, Radin and his business partner, architect Denis Back, purchased a building downtown on Cul-

vert Street. The developers are adding several floors to the existing site, creating 77 loft condos, garage facilities and one level of office space. According to Radin, The Edge is the first multi-unit residential facility in Cincinnati to seek LEED certification.

"The beauty of it is that because we're saving an existing building, the foundation, footers—all the general infrastructure is already in place," Radin says. "So we are demolishing far less than if we did a tear-down. We're literally recycling



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nearly 100 percent of the building."

With one-third of the units already sold, Radin finds that the condominiums' green interiors are holding a lot of appeal. "We're truly pleased and pleasantly surprised that many people are leaving it as fairly true loft space," Radin says. "We have packages for people to make [the space] very traditional, but most people are really embracing the loft design."

The green features that Radin's design team has assembled offer a minimalist approach. Raw spaces that include exposed concrete floors and floor-to-ceiling windows offer a contemporary feel. The expansive views provide ample daylighting for the interiors, and 8-foot maple doors will be used to add warmth. Kitchen areas will include Energy Star-qualified appliances and Cincinnati-based Formica countertops. Using regionally manufactured materials, such as Formica, enhances a building's green rating under LEED.

"In the construction of our new building, we're using as many green-certified products as possible," Radin says.

Green-certified products—such as lumber stamped by the Forest Stewardship Council (FSC) or Scientific Certification Systems (SCS), rugs bearing the Green Label Plus from the Carpet and Rug Institute (CRI) or furnishings and other goods listed in the GREENGUARD Environmental Institute's Internet product directory—are just some of the ways consumers and professionals can find eco-friendly interior design options.

Additionally, Jeanette McCarthy, a senior associate at

GBBN, suggests that remembering the "reduce, re-use and recycle" slogan can help individuals find a balance when focusing on green design.

"[To] reduce, you may not want to use layers or different types of materials on top of each other," McCarthy explains. "Let's say you have hardwood floors in your house. You may not want to put wall-to-wall carpet in there. You may want to do an area rug. If it's to re-use material, you can use oak or pine flooring reclaimed from an older building."

For furniture, McCarthy suggests the more environmentally conscious method of purchasing pieces at an antiques mall or auction.

As an added bonus to the personal and community benefits of green building, the price tag for green design is now more affordable. Early collaboration among owners, contractors, architects and engineers creates an opportunity for a more holistic design that takes advantage of green-building strategies—and reduces the potential premium for green building.

"So much so that at the basic [LEED]-certified or maybe even silver level now, there's almost no cost increase, which has been a big change over the last couple of years," Warner says.

One other big change to note is the number of LEED-accredited professionals. According to Warner, there's been a whopping increase of more than 200 percent in the Cincinnati area over the last two years: "That tells us the designers here are starting to take this very seriously."

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Greener Pastures

10 tips for more environmentally friendly gardening

BY JUDI KETTELER

Organic gardening makes the earth happy, and it can be intensely rewarding. But don't think you have to convert to a completely green lifestyle overnight. Try incorporating small things, such as these eco-friendly gardening tips from the pros who know.

1. Make the switch from chemical fertilizers to more environmentally friendly ones. Most chemical fertilizers have phosphorous, which promotes growth but also has a tendency to soak down into the water tables—not very good for the environment. Products such as Scotts 4 Step, available at Ace Hardware, have reduced amounts of phosphorous, says Tim Cable, general manager of three Cincinnati-area Ace Hardware locations. “The manufacturing process also makes it environmentally friendly because it’s made to stay in the ground instead of washing into the water tables,” Cable says.

2. Ditch the pesticides and try natural remedies instead. Jeff Dapper, owner of Pleasant Ridge-based Dapper

Landscaping, recommends using products such as insecticidal soap—an oil-based soap that you spray on plants. “It does work,” he says. Also, realize that different methods work for different types of plants. Don’t try to have a one-size-fits all mentality, he says.

3. Do it old school. “A green yard comes with effort,” says Ken Peck, lead landscape designer at Underhill Landscaping in Mt. Lookout. That means making a time investment in your garden, and getting back to things like good, old-fashioned hand-weeding. Many insect problems can be dealt with by hand, too, Peck says. For example, if you have bag worms on your blue spruce, there is an easy chemical-free solution: Pluck them off, put them in a bag and dispose of them.

4. Load up on the mulch. Wes Duren, landscape manager for Marvin’s Organic Gardens in Lebanon, is a big believer in mulch. “Mulch all landscape areas with a variety of mulch choices, like pine straw, hardwood or pine bark,” he

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says. Mulch serves many "green" ends: It helps lessen watering needs, reduces weeds, regulates soil temperature, nourishes and protects soil life, and prevents soil erosion, Duren says.

5. Select plants carefully. "Look for drought-tolerant plants that will adapt best to the type of soil you have," says Andy Doesburg, vice president of sales and marketing at Thornton Landscaping in Maineville. He suggests getting your soil tested so you know what you're dealing with. Also, the more drought-tolerant a plant is, the less you have to irrigate—which saves resources.

6. Plant things that attract attention. "Select two or three plantings for your yard that will attract a hubbub of activity from butterflies and bees," Peck says. Not only are bees fun to watch, these tiny pollinators work hard to help fertilize your landscape. Bees love lavender, clematis, black-eyed Susan and salvia. Peck's favorite bee-attracting plant is Autumn Joy Sedum. To attract butterflies, try plants such as butterfly bushes, zinnia and cosmos.

7. Invite the creatures in. In addition to bees and butterflies, add elements to your landscape that will invite birds, bats, frogs and toads. There are several benefits, Duren says. First, it makes your garden more interesting. More importantly, those creatures help keep other creatures you don't want (insects, namely) in check.

8. Get the right tools. Consider purchasing a mulching mower versus a traditional bag mower, Cable says. Mulching mowers actually recycle the grass clippings. Cable also likes the Drop spreaders and EdgeGuard spreaders from Scotts because they help you target the spread of your organic fertilizer, so you don't use too much, and none is wasted.

9. Start composting. "Compost is oil for the soil," Duren says. "It helps loosen clay-bound soils, nourishes plants and soil life, reduces soil-borne disease, and lessens the damaging effect of soil erosion." The professionals at Marvin's can offer advice about how to build a compost pile, and there are also lots of great books written on the subject.

10. Find ways to integrate your garden with your life. It can be as simple as planting more vegetables and then using them in your cooking, Doesburg says. Or, select shade trees and plant them near the windows in your home to help block the sun and give your air conditioning a break. As you learn how to be greener in the garden, teach your kids as well. "Kids are often nature-poor," Peck says. "Invite them into the garden and let them have fun and be active."

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organic wake-up

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Blended Organic Balance

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1 Tbsp flax oil or 2 Tbsps organic flax seed soaked 8-10 hours (for Omega Fatty Acids)
1 Tbsp Hi Pro (protein powder blend of soy, whey, egg, papaya and lecithin)
1 tsp Brewer's Yeast
1 tsp Just Barley or Alfalfa Powder
1/8 tsp cinnamon
- Add water or ice cubes (up to within an inch of the top of the blender) and blend to desired consistency.

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—Jessica R. Brown

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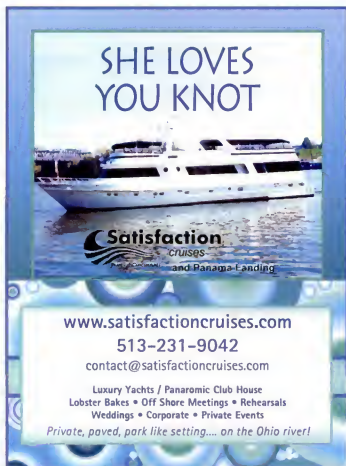
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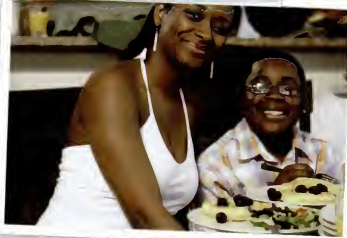


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Lawful Considerations

How to navigate the legal issues of aging

—BY COLEEN ARMSTRONG—

FOR CHARLES PUCHTA, THE WAKE-UP CALL came early. He was barely into his 30s when his 79-year-old father was diagnosed with leukemia. Caught completely off-guard, Puchta was even more stunned when his dad passed away a mere two weeks after being hospitalized. Following the funeral, his mother, who suffered from rheumatoid arthritis, moved in.

Then came another shock: Her dementia, which Puchta had assumed was still intermittent, had actually progressed much further. For several years, he realized, his dad had done a terrific job of covering it up by habitually finishing her sentences and ordering her food in restaurants.

Puchta needed professional advice on several fronts—financial, medical, legal. But everything he heard sounded fragmented. Bankers wanted to discuss funding for private duty nursing. Doctors wanted to conduct medical testing. Attorneys wanted to mail documents for signing.

Spiritual advisors wanted to add Puchta's name to their prayer lists.

He feverishly began clipping articles and gathering information. But his biggest challenge was trying to establish some sort of logic and sequence. Every action he tried to take required some previous action—and often the two overlapped in an endless spiral. And there was little time to spare; he'd been abruptly pressed into fast-forward mode.

Talking with friends, Puchta was even more shaken as they began relating their own frustrating experiences. "Everyone's story about caring for elderly parents was exactly the same," he recalls. "It was all about being completely unprepared and uninformed—and having no clue about how to proceed."

Today, 10 years later, a lot has changed. Charles Puchta is now director of the Center for Aging With Dignity at University of Cincinnati's College of Nursing (www.careadvocate.org). He is also author of *The Caregiver Resource Guide* (2004). His Web site (www.agingusa.com) presents what he calls a "big picture" approach to eldercare, with four interlocking puzzle pieces labeled Lifestyle, Emotional, Memorial and Administra-

tive—all separate, but all equal and working in tandem. And they're easy to follow, sparing others much of the wrenching stress and turmoil he once had to endure.

"The natural tendency is to focus on one element at a time, on the single issue immediately at hand," he explains. "But what we know now is that each puzzle piece impacts at least two others. Medical decisions, for example, can't be made until you establish who has the legal authority to do so."

And it's that legal aspect that so many find intimidating. That's why some firms, such as Keller & Corr LLC in the Mariemont area, are now concentrating on elderlaw—and providing a unique version of one-stop shopping.

"We offer a Life Care Plan, which is a continuum of services, all falling under one huge umbrella," explains Dennison Keller, who partners the firm with Elizabeth Corr. The Plan is a simple road map that addresses elder legalities, care assessment and coordination of services. It includes not only preparing necessary documents, but also getting financial affairs in order, explaining the intricacies of

Medicare and Medicaid—and then enlisting the help of a coordinator who can outline health care options, even call around to gather data on various nursing homes.

The best time to set up such a plan, Keller says, is long before you need it. An initial legal checkup is essential to establish long-term wishes, to decide who will assume the authority to carry out those wishes, and to appoint someone to make legal, financial and medical decisions if an elder is unable to do so himself. Then regular monitoring, including advocacy and intervention, takes place over a number of years to make certain that quality-of-life issues are given proper attention.

"Our mission," Elizabeth Corr says, "is to assist people in accessing every service that's available to them. We want them to receive the best care possible in whatever place they want to be, which is usually their own homes."

The first step, however, is getting the basic paperwork in order.

"Our mission is to assist people in accessing every service that's available to them. We want them to receive the best care possible in whatever place they want to be."

—Elizabeth Corr, Keller & Corr LLC



Will

What is it? A legal document containing instructions regarding what should be done with one's money and property after death.

Who needs one? "Anybody over age 18 with more than \$10 to his name should realize that whatever he owns is called an estate," Puchta says. That estate is composed of disposable assets. According to estate planning attorney Marilyn Maag of Strauss & Troy (located downtown and in Covington), having a will is especially important if someone has been married more than once, because considerations must be made for both his or her children and also for a current spouse.

Living Will

What is it? A legal document declaring that if the signer is in a terminal condition or a permanently unconscious state, no measures should take place that will merely prolong life.

Who needs one? "Every older person, while still healthy and alert, should consider signing," Maag says. Otherwise medical personnel may feel compelled to implement whatever heroic means are necessary to keep you alive.

General Power of Attorney

What is it? A legal document that gives someone else the authority to handle one's financial matters, bank accounts and investment decisions.

Who needs one? Anyone old enough to foresee the possibility of someday being no longer able to deal with cash or checks. Difficulty may lie in one's ability to find a trustworthy party, but adult children are common designees. "With a power of attorney already in place," Maag explains, "a family will not need to ask the probate court to appoint a guardian."

Health Care Power of Attorney

What is it? A legal document that names the person or people who will make medical/health decisions if the signer is unable to do so himself.

Who needs one? Everyone. You want someone who loves you, not the medical community, to decide whether surgeries or other interventions are appropriate.

Durable Power of Attorney

What is it? A fairly encompassing POA that covers personal, financial and legal affairs. "It's about inclusion, though, not exclusion," Puchta cautions. "The person appointed has the right to handle exactly what is spelled out in the document."

Who needs one? Childless adults or those who want to name a single trusted friend to take care of most matters. There still needs to be a secondary designee in case that person should predecease you.

Adult children of elderly parents can be apprehensive about bringing up legal matters, and parents are often reluctant to talk about them. A couple of solutions: First, Puchta says, introduce the subject of health concerns, rather than finances. Begin in a non-threatening way: "I was just talking to so-and-so about a living will. Have you signed one yet?" Or, "I'm working on my own estate planning, and perhaps you'd like to hear what I've learned."

Second, signed documents should not be stored away and forgotten. Make several copies, pass them around and inform all immediate family members of the originals' location.

Third, once parents' wishes are known, it's important to understand why certain decisions were made. Why should one sibling be given general power of attorney, for example, and another be designated specifically for health care? In most cases it's a reasonable system of checks and balances where no single child has complete control and where roles are assigned based on unique abilities to serve.

Regular communication with attorneys and family members can forestall a good deal of heartache and trauma, not to mention avoiding mixed signals. Puchta eventually needed to consign his mother to a nursing home, which was, like most, privately paid. But one day while sorting through his father's papers, he stumbled across what looked like a long-term care insurance policy. He phoned the company—and sure enough, found to his relief that his mother's care was fully covered. His dad had done everything right by arranging well in advance for any and all contingencies.

His only mistake was in assuming that he still had plenty of time to tell his son. ♦

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Avoiding the Traps

—BY COLEEN ARMSTRONG—

It's a jungle out there when you go shopping for eldercare financial safeguards. Some potential pitfalls:

Deferred Annuities

How they work: You hand over your nest egg, which you figure you won't be needing for a while, a company issues an annuity policy, and then, when the right time comes, you "annuitize"—begin receiving a monthly check. It's sort of like a pension, but this time you deposit the entire sum up front.

What looks good: The interest rate will likely be higher than any CD. The tax benefits can also be enticing.

What to look out for: Life's little emergencies. What happens if you suddenly move into a nursing home? How much will your annuity be reduced if you're hit with an early withdrawal penalty? What is your agent's commission? Get concrete answers in writing and consult an attorney before signing anything.

Reverse Mortgages

How they work: Instead of you paying the lender, this time he or she pays you.

What looks good: It's better to receive than to give.

What to look out for: Tight ceilings on how much money can be taken out. Also, unreasonably high closing costs. Be sure to read (and re-read) the fine print. And don't forget, if you should happen to outlive your disbursements, you may have to sell your home and you will have no equity.

Living Trusts

How they work: You transfer your property (such as a house, a car, a boat or a bank account) into what's essentially an empty box. When you die, the trustee who administers your estate pays any estate taxes and debts and then distributes the remaining property directly to your beneficiaries, thus bypassing that pesky probate thing.

What looks good: Preservation of privacy (no overseers involved), speed of delivery, no attorney. Also, in cases of second or third marriages, trusts protect the inheritances of children from previous unions.

What to look out for: Your trustee must be honorable,

ethical and completely above suspicion. He or she should also be an effective communicator with all beneficiaries, such as siblings. And be sure to explore the various pros and cons between wills and trusts. Not everyone needs a trust—a simple will may suit your needs just fine. And trusts don't get settled by magic; the trustee will probably need an attorney.

Long-term Care Insurance Policies

How they work: You pay the monthly or yearly premiums, and then, when you need special care, it's covered.

What looks good: You're less likely to spend all your assets on care or be forced to rely on Medicaid.

What to look out for: Premiums can be high, are usually not guaranteed and are generally unaffordable for those living on Social Security. Inquire about how much you'll receive toward the daily cost of care, for how long and whether it's indexed for inflation. Also, ask about qualifying for in-home or assisted living rather than just nursing home care. Eligibility for benefits is determined by measuring how well you're doing (or rather, not doing) with ADLs (activities of daily living) such as bathing, eating, walking, using the bathroom and taking medications. Be sure to use a financially sound insurance company.

how to find a lawyer

The Ohio State Bar Association certifies lawyers as specialists in the area of Estate Planning, Trust and Probate Law. A list of attorneys with this certification (and other lawyers) in the Cincinnati area is available on the Ohio State Bar Association Web site (www.ohiobar.org). You can also check out the Ohio Super Lawyers listing in the January 2007 issue of *Cincinnati Magazine*. Many people also find lawyers by talking to friends. It's wise to interview several lawyers before choosing the one you are most comfortable with.

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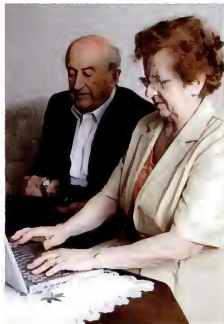
Search the Internet for information on eldercare, and you could get lost or fall prey to a lot of inaccurate information. You may want to know whether "senior moments" are normal, and if so, to what degree. You may want to know at what point in-home care needs to evolve into assisted living. You may want to know the ins and outs of Medicare.

By some estimates, more than 75 percent of Web-based info is anecdotal rather than researched, says Charles Puchta, director of the Center for Aging With Dignity at University of Cincinnati's College of Nursing and author of *The Caregiver Resource Guide* (2004).

"Most of it is personal opinion," he declares. "That's not to say it's bad, but if you're going to act on it, you'd prefer that it be statistically and factually correct, tested and tried."

How to tell the difference? Look for material that's evidenced and supported, with sources clearly cited.

—Coleen Armstrong



understanding hospice

A terminal diagnosis may leave family members wondering where to turn for support and education. Hospice care is available 24 hours a day, seven days a week, to guide families and individuals who are no longer seeking curative measures for an illness.

"We use a team approach in caring for the whole person," says Chris Barnett, director of community relations for Hospice of Cincinnati. Working together with family members, a team of physicians, nurses, social workers, counselors and trained volunteers develop a plan to meet each patient's needs.

Services include managing the patient's pain, providing needed medications and supplies, coaching family members on how to care for their loved ones, and assisting with the emotional and spiritual aspects of dying. To improve quality of life for patients, Hospice of Cincinnati offers holistic care, such as music therapy and reflexology. Support continues with memorial services, grief support groups and bereavement counseling including Fernside, a specialized center for grieving children.

Most hospice services are provided at the patient's home or nursing facility, but as an alternative to hospitalization, or to provide respite time for a caregiver, Hospice of Cincinnati also operates four state-of-the-art, home-like inpatient facilities around the city for short-term care.

Hospice services are usually covered by Medicare, Medicaid and many commercial insurance companies, but no one is turned away for inability to pay. For more information on hospice care log onto www.hospiceofcincinnati.org or The National Hospice and Palliative Care Organization, www.nhpc.org.

—Jessica R. Brown

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Retirement Facility Directory

The information provided is understood to be current, but check with each facility before visiting.
Find an easy-to-read large-print version at www.cincinnati.com/magazine.com.

Facility	Type of Facility	Total Units: Apt-Condo- Home/Asst. Lvg/Nursing Beds	Average Age of Residents	Percent Occupied	Total Staff	Comments
Alois Alzheimer Center 70 Damon Road Cincinnati, OH 45218 513-605-1000 www.alois.com	Assisted Living, Nursing Care, Short Term Respite, Adult Day Program; Education & Research Center	102:NA/20/82	Varies	90%	89	First specialized Alzheimer's disease and dementia center in the United States; provides assisted living, nursing care, short term respite and adult day services.
Barrington of Ft. Thomas Independent and Assisted Living 940 Highland Ave. Fort Thomas, KY 41075 859-572-0667 www.carespring.com	Independent and Assisted Living Apartments	108:108/108 apts./NA	84	98%	50	The apartments have fully equipped kitchens, controlled heating and air conditioning, balconies and an emergency system. Dining room and social areas.
Barrington of West Chester Independent and Assisted Living 7222 Heritagespring Drive West Chester, OH 45069 888-248-7799 www.carespring.com	Independent and Assisted Living Apartments	134/106 apt., 28 cottages/106/NA	—	Opening Winter 2007	—	Apartments include fully equipped kitchens, controlled heating and air conditioning, balconies and an emergency system. Cottages have more than 2,000 sq. ft. of living area.
Brookwood Retirement Community 12100 Reed Hartman Hwy. Cincinnati, OH 45241 513-605-2000 www.hcmg.com	Continuum Care Retirement Community	227:40/54/133	—	88%	160	—
Cedar Village 5467 Cedar Village Drive Mason, OH 45040 513-754-3100 www.cedar-village.org	Retirement Community including Independent and Assisted Living, Health Care Center and Rehabilitation	267:105/105/162	87	Apt. 98%, Health Care facility 96%	283	Offers a continuum of care including rehabilitation following hospitalization. Amenities include a bank, deli, fitness center, transportation and creative programming.
Cloverbrook Healthcare Pavilion 7025 Cloverbrook Ave. Cincinnati, OH 45231 513-605-4000 www.hcmg.com/cloverbrook.htm	Nursing	127:NA/NA/127	All ages	90%+	165	An outstanding facility with a warm environment and a caring staff. Includes a highly trained team specializing in wound care and a superior therapy department.
Cottingham Retirement Community 3995 Cottingham Drive Cincinnati, OH 45241 513-563-3600 www.cottinghamretirementcommunity.com	Continuum Care Retirement Community	273:121/92/60	85	98%	150	Locally owned by Deaconess Long-Term Care Inc., a not-for-profit organization. Offers an indoor swimming pool, beauty salon, branch bank, library and also PT, OT and speech therapies.

Facility	Type of Facility	Total Units: Apt-Condo- Home/Asst. Lvg/Nursing Beds	Average Age of Residents	Percent Occupied	Total Staff	Comments
The Deupree Community 3939 Erie Ave. (45208) and 4001 Rosslyn Drive (45209) Cincinnati, OH 513-561-6363 (Independent Living); 513-272-0600 (Assisted Living and Nursing Care) www.DeupreeCommunity.com	Continuing Care Retirement Community	293:81/42/170	80s	97%	360	Beautiful Hyde Park/ Oakley location, pets allowed; expansion completed with indoor pool and fitness center along with 60 spacious apartment homes; chapel and chaplaincy program; elegant dining; guest suites; garage parking; computer labs; assisted living, memory support and JCAHO nursing care available.
Eastgatespring of Cincinnati Health Care Center & Rehabilitation 4400 Glen Este- Withamsville Road Cincinnati, OH 45245 513-752-3710 www.carespring.com	Skilled and Intermediate Nursing, Rehabilitation	189:NA/NA/189	78	96%	235	A beautifully appointed facility specializing in Rehabilitative and Skilled Nursing Care. Modern amenities include Starbucks Coffee shop, cable television and wireless Internet access.

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Facility	Type of Facility	Total Units: Apt-Condo- Home/Asst. Lvg/Nursing Beds	Average Age of Residents	Percent Occupied	Total Staff	Comments
Evergreen/Wellspring Retirement Community 230 W. Galbraith Road Cincinnati, OH 45215 513-948-2308 www.senr.com	Retirement Community—Independent Living, Assisted Living, Nursing Home, Memory Care, Rehab	394:150 apt., 42 cottages/132/70	85	94%	340	Enjoy the charm and friendliness of Cincinnati's premier continuing care community where choices range from golf, swimming and walking trails to fine dining and stimulating entertainment. Also, spacious cottages and bright, cherry one- and two-bedroom apartments with fireplaces, decks and patios, as well as rehab, nursing and memory care.
Florence Park Care Center 6975 Burlington Pike Florence, KY 41042 859-525-0007 www.florenceparkcarecenter.com	Skilled and Intermediate Nursing	150:NA/NA/150	—	—	—	Provides 24-hour nursing care including intermediate, skilled care, short term rehabilitation and respite stays. Physical, occupational and speech therapies are available for those residents needing rehabilitation.



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Facility	Type of Facility	Total Units: Apt-Condo- Home/Asst. Lvg/Nursing Beds	Average Age of Residents	Percent Occupied	Total Staff	Comments
Highlandspring of Ft. Thomas Health Care Center & Rehabilitation 960 Highland Ave. Fort Thomas, KY 41075 859-572-0660 www.carespring.com	Skilled and Inter- mediate Nursing, Rehabilitation	140:NA/NA/140	70	99%		Country Hills Montes- sori School, Children's Garden Day Care and Starbucks Coffee in house.
Hillspring Health Care Center, Rehabilitation & Assisted Living 325 E. Central Ave. Springboro, OH 45066 937-748-1100 www.carespring.com	Skilled and Inter- mediate Nursing, Reha- bilitation, Assisted Living	125:NA/6/119	80	85%	162	State-of-the-art facility with specialized Rehab unit, separate Alzheim- er's wing and other amenities including a flat-screen TV and a guest room.
The Knolls of Oxford 6727 Contreras Road Oxford, OH 45056 513-524-7990 www.lifesphere.org	Continuing Care Retirement Community	158:80/28/50	78	96%	66	Non-profit communi- ty on an 85-acre cam- pus located near Miami University; vibrant ac- tivity schedule and af- filiation with college offers unique opportunities in retirement.

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Facility	Type of Facility	Total Units: Apt-Condo- Home/Asst. Lvg/Nursing Beds	Average Age of Residents	Percent Occupied	Total Staff	Comments
The Lodge Care Center 9370 Union Cemetery Road Loveland, OH 45140 513-677-4900 www.lodgecarecenter.com	SNF, Assisted Living, Independent Living, Respite	334:154/60/120	72	98%	326	State-of-the-art rehabilitational and skilled nursing facility. Secured Dementia unit. Excellent staff to resident ratio. Studio apts., cottages, one- and two-bedroom apts.
Loveland Health Care 501 N. 2nd Loveland, OH 45140 513-605-6000 www.hcmg.com	Nursing	99:NA/NA/99	80	94%	109	—
Maple Knoll Village 11100 Springfield Pike Cincinnati, OH 45246 513-782-2400 www.lifesphere.org	Continuing Care Retirement Community	512:268/60/184	85	94%	250	Non-profit community located on a 54-acre campus filled with green space, but located near major thoroughfares/attractions. Vibrant activity schedule and updated campus.

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Marjorie P. Lee Retirement Community 3850 Shaw Ave. Cincinnati, OH 45208 513-871-2090 www.marjorieplee.com	Continuing Care Retirement Community	194:89/45/60	80s	97%	182	Superb location, within walking distance of Hyde Park Square; fitness center with exercise equipment/trainer; garage parking; guest suites; elegant dining; house-keeping included; computer labs; assisted living, memory support and JCAHO accredited nursing care available.
Otterbein Retirement Living Community 585 N. SR 741 Lebanon, OH 45036 513-933-5471 www.otterbein.org	Continuing Care Retirement Community	797:444/48/305	78	94%	500	Accommodations range from one-bedroom to three-bedroom homes with amenities such as chapel, clinic, bank, library, wellness model, emergency call system and transportation. Services range from independent to assisted living to nursing care.
Shawneespring of Harrison Health Care Center & Rehabilitation 10111 Simonson Road Harrison, OH 45030 513-367-7780 www.carespring.com	Skilled and Intermediate Nursing, Rehabilitation	140:NA/NA/140	75	95%	180	Specialized units for all residents' needs including a state-of-the-art therapy gym and rehab unit with facility-employed therapists. Includes a Montessori school, Starbucks Coffee shop, Recreation Therapy room, chapel and family guest room.
Twin Lakes at Montgomery 9840 Montgomery Road Montgomery, OH 45242 513-719-3500 www.twinlakes.org	Continuing Care Retirement Community	271:206/27/20+18 memory support	—	—	—	A retirement experience committed to whole-person wellness within luxury accommodations that are truly one of a kind.
Twin Towers Senior Living Community 5343 Hamilton Ave. Cincinnati, OH 45224 513-853-2001 www.twintowers.org	Continuing Care Retirement Community	476:279/91/106	—	—	350+	A Life Enriching Community offering independent living patio home and apartment lifestyles, as well as assisted living and nursing services, all on one beautiful, wooded campus.
Villaspring of Erlanger Health Care Center & Rehabilitation 630 Viox Drive Erlanger, KY 41018 859-727-6700 www.carespring.com	Skilled and Intermediate Nursing, Rehabilitation	140:NA/NA/140	—	98%	—	Upscale nursing facility, outstanding rehabilitation/therapy services with separate rehab unit (flat-screen TVs, phones, spa menu), services include long-term care, hospice care, dementia care and respite stays.



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explore the options

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"Our mission is to provide options for older people so they can stay in their own homes for as long as possible," says Laurie Petrie, director of communications at the council.

Just some of the programs and services include:

Community Resources and Information—A call to 513-721-1025 or 800-252-0155 answers your questions about aging and caregiving. Topics range from housing, financial or legal questions, to Medicare, caregiving, long-term care options or information about the programs and services.

COALA (Council on Aging Learning Advantages) Caregiver Education and Support Program—Registered nurses visit the homes of informal caregivers, such as the spouses or children of seniors, to teach them how to effectively handle the variety of tasks involved with caregiving. A training manual is also available.

Elderly Services Program—Services provided to older adults include transportation to medical appointments, personal care, home repair and accessibility, homemaker services and more.

Taking Charge—A qualified individual will complete a free in-home assessment including information on costs and needs to help older adults and caregivers make important decisions for the present and future.

Health and Wellness—Funded by the Council on Aging and hosted by senior centers and community centers, exercise programs help seniors maintain a healthy lifestyle—whether it's moderate exercise or just getting up off the couch.

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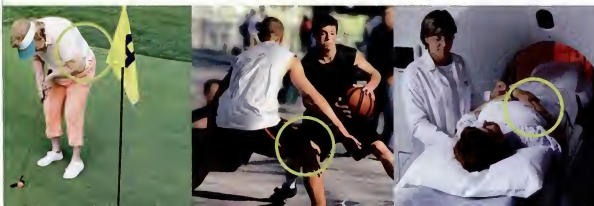
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[continued from page 111](#)

each other over time, he says. In fact, after that incident, the hospitalist called Pleatman with daily updates on his patient.

Still, communication is a work in progress. "We call the pediatrician when the child is admitted, and we call them again when they're going home," says Muething. "The residents type up a summary that's automatically faxed to the doctor's office. And communicating with family is a key point with us."

Beerman sees such communication as a touchstone of his job. Although he doesn't have any contact with primary care doctors on this day, he'll do a report for them when their patients are released, outlining what's happened during their stay and what he recommends for follow-up care. According to Beerman, disagreements about treatment with a patient's regular physician are infrequent, but the attending physician of record—which is the hospitalist in many cases these days—gets the last word.

Beerman doesn't take this lightly. "He writes a whole paragraph!" exclaims a cheerful medical staffer at Good Sam, holding up a form written by the doctor that shows he's used several lines to explain the treatment of a patient. "Others might write two sentences." The woman has been at Good Sam for 25 years, and jokes that Beerman has been around almost as long. "I knew him when he was a resident, like I did most of the doctors around here," she adds.

From writing orders to visiting patients, Beerman's methodical tendencies made for long days when he was an internist, rising at 5 a.m. to visit patients at two hospitals before getting to his office at 9 a.m. for appointments. He'd sometimes be at the office until 9 p.m., long after seeing his last patient, to catch up on paperwork and call patients with lab results. The hours were draining. "Life pulls you in so many directions," he says. "I think it's clear in my generation and younger that you have to have some balance." Although he works 24 hours when he's on-call, his days and patient load are more predictable now. He's sometimes able to take his two daughters to daycare in the morning and still be home in time for dinner. It's a lifestyle Pleatman didn't have in his 40s, but he recognizes that younger physicians don't want to work the kind of grueling schedules he did.

That's OK, says Laurence Wellikson, of the Society of Hospital Medicine, who becomes nearly breathless with enthusiasm as he relates improvements in the system he's seen with the advent of the hospitalist movement, from improved electronic medical records to better safety and communication. "Hospitalists come to work and aren't content with making one patient better," he says. "They want to improve the system."

"HE'S A MUCH happier man today," Beerman says, smiling at a nurse standing near the door of a patient's room. He has just informed the man, who is suffering from cancer, that he can go home. The nurse smiles, and Beerman heads to a computer again. A woman in scrubs rushes by, feet moving as fast as her mouth. "I've been running all day," she shouts into a cell phone, "is there any way I can take 15 minutes to scarf down some food?" Beerman will have a late lunch, too, although he'll make it home by dinner and be able to help care for his daughter, who's home sick with an ear infection. Before he leaves he'll stop by his small office to check e-mails, skim some medical journals, and look over his patient load for tomorrow. All of today's patients, except the cancer patient, will still be there.

Beerman and his fellow hospitalists will be there, too, for any patients or primary care physicians who may need them. To hear Wellikson tell it, in a few years, that will include most of primary care docs. "I'm going to tell you where this is headed," he says emphatically. "When I first started in practice in 1976, there were no emergency room doctors. They'd call us when someone came in. Now we take it for granted that there will be someone in the emergency room." The same thing is bound to happen with hospitalists; there will be 40,000 of them within 10 years, he predicts. They'll be the dominant specialty. Hospital medicine will be transformed, with hospitalists an integral part of the health care delivery system and its improvement in coming years. Pretty soon, patients won't be able to remember life—or hospital stays—without them. Says Wellikson: "We're going to look back in a few years and say, 'What were we thinking when we didn't have them?'"

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had had his fill. When Channel 5 offered him an off-camera sports director position, he jumped at the opportunity, as well as the chance to cohost a Sunday morning sports show on WLW radio. But the long days spent preparing for three-minute broadcasts frustrated him. Within a year he switched over to WLW full-time, doing sales, promotions, and a little on-air work. Encouraged to employ the same go-for-anything attitude he had used in the publicity business, Furman was even-

Reilly discussed the comment on-air, Furman didn't back down.

"There's certain things handicapped people can't and shouldn't do, and one of them is play football," he told the columnist. "Would you put Stevie Wonder behind the wheel of a car?"

THROUGH IT ALL Furman contends he never had reason to question WLW's support. He got reprimanded from time to time—in one instance the station took

Houshmandzadeh backed up the brava-do by going straight to WLW's parent company, Clear Channel Communications, to complain about Furman's on-air attacks. According to Furman, the following Monday, October 9, he had a meeting with former WLW general manager Karrie Sudbrack and program director Darryl Parks at the station, at which they told him "we need to take care of this."

Furman agreed and offered to put together an apology that the station could run as a promo, with one caveat: Houshmandzadeh would have to say he was sorry, too. It never happened. Instead, four days later, Furman was informed he was being suspended indefinitely without pay. "I thought it would be a great publicity stunt," he says of the suspension. "I figured it would go on for a while, maybe through the football season." But three weeks later, on November 1, Parks, in a two-paragraph memo to WLW employees, announced that Furman would not be returning to the station.

"You can't live in fear, and good managers know that and they're there to defend you and put out the fires," says Furman, who was in the middle of a five-year contract when he was let go. "The nature of the beast with talk radio is brush fires, and anybody with talent will create a brush fire. Since I've left, nobody has created a brush fire—and that's not a good thing. I don't do it intentionally, but I take a stance and I don't think anybody there has the balls to take a stance."

FURMAN'S FIRING generated a fair amount of ink in the local papers and got some national play. But Sudbrack implied that his exit was in the works even before the incident took place.

"The focus obviously is on the [Houshmandzadeh situation] because that's the most important thing that had occurred in terms of programming and [Furman's] controlling the air waves, but I can say that decisions we made were independent of any particular situation," says Sudbrack, who refused to elaborate. (In a twist of radio irony, Sudbrack left WLW in late February for the position of vice president/market manager at Cumulus Broadcasting Cincinnati, WFTK's parent company, where she will oversee Furman yet again.)

Then there's the whole timing issue. Just as the story roared into the head-

"ANDY GETS IT," SAYS FURMAN'S FORMER WLW colleague Bill Cunningham. "He's the best radio talk show host in this market." What he gets is that shows like his are about entertainment.

tually teamed with Collinsworth and took the reins of *SportsTalk* every weeknight from 6 to 9 p.m. Matched with his cohost's good-guy persona, Furman was less concerned with being likeable than he was about getting callers.

"What I like to hear on the radio is a guy who has an opinion," he says. "I turn on the radio and hear these guys go, 'My name is such and such and here's my number.' I'm in my car banging on the steering wheel, 'You morons! Give me a reason to call you. Have an opinion!'"

At WLW, where he regularly topped the ratings for his time period, Furman never lacked for opinion. In 1988, he drew the ire of Bengals coach Sam Wyche when he jokingly claimed he had posted a cameraman in the station's traffic helicopter to videotape the club's practices so he could send the footage to upcoming opponents. He had no great reverence for former Reds General Manager Jim Bowden, whom he called a "liar" and a "weasel," and he received the silent treatment for a year from UC men's basketball coach Bob Huggins after he made disparaging remarks about his team.

"I was a loose cannon," he says. "I said things without checking stuff to maybe get a response."

That's not to suggest Furman has curbed his tongue. Just a year and a half ago, he angered popular *Sports Illustrated* columnist Rick Reilly after he called a Dayton high school's decision to allow a student who was born without legs to play on the varsity football team "a charade and a freak show." When he and

him off the air for three days (with pay) following his comments about Huggins's team—but job security was never an issue. That is, until last October's spat with Houshmandzadeh. Details about what happened are still cloudy. Bengals officials, as well as Houshmandzadeh and his representatives, chose not to comment for this story, and Furman and WLW executives are limited in what they can say due to a confidentiality agreement that was signed last December.

What's known is this: In late summer, WLW hired Houshmandzadeh to sit in on *SportsTalk* every Thursday for an hour. According to Furman, problems with his new cohost began immediately. After being late for the first two shows, Houshmandzadeh failed to appear at all for the third, on October 5.

Whether it was a mix-up or simply a case of the receiver blowing Furman off, no one will say. But that night, Furman went on-air to "fire" Houshmandzadeh. According to *The Cincinnati Enquirer*, shortly afterwards, during a phone conversation with a WLW employee, Houshmandzadeh allegedly called the host a "punk-ass white boy." The next day, Furman stepped up the attack, labeling the receiver a "racist" for making the comment.

Houshmandzadeh denied making the comment, but he didn't deny he was angry at Furman. "I told him, 'Andy Furman, you can go [expletive deleted] yourself,'" he later told reporters. "That's the bottom line. And he twisted it into all whatever he wants to."



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FURBALL

lines, Clear Channel, WLW's owner and the country's largest radio company, was gearing up to announce that it was going up for sale. With a price tag that would eventually reach \$27 billion, some believe that company officials wanted to quickly dispatch any ugliness that could stymie negotiations. To get rid of the Houshmandzadeh headache, the theory goes, the company may have calculated that it needed to get rid of Furman first.

"I'm convinced that none of his bosses or officials at [WLW] had anything to do with this or wanted him fired," says Rick Bird, a writer for *The Cincinnati Post*. "[Clear Channel was] laying off hundreds around the country and then all of sudden they had this pimple in Cincinnati."

Sudbrack dismisses such a claim, saying that "all of our decisions are made on a local basis. As we determine a direction or any changes...we do communicate with our corporate office."

Still, it's an argument that at least sounds credible when you consider that just before Furman's suspension, WLW was running spots poking fun at Houshmandzadeh's tardiness, complete with a soundtrack of whining children. It seemed to fly in the face of what was circulating around the office soon after Furman was let go.


"One story that we heard for a long time was, *Man, the Bengals must be giving them a hard time about keeping him*," says one current WLW employee. "[Furman] laid that to rest when he had Marvin Lewis on that first day."

Meanwhile, executives at WFTK feel they have signed a franchise player in Furman. ("He's the master," says Gary Lewis, former vice president/market manager, who left WFTK in early March to run Cumulus's Atlanta stations.) They'd better hope so. Previously known as The Star, a country music station, WFTK is starting from scratch in its push to target male listeners between 24 and 54 years old. That in part explains the decision to move Furman into the coveted 4-7 p.m. drive-time slot.

The raw numbers certainly support the station's optimism; Furman had topped the ratings for the last six years. But there are a few things to consider. For starters, he was helped greatly by the fact that WLW owns the broadcast rights to Reds games. During baseball season, when he was essentially doing pre- and

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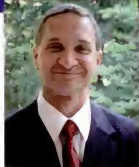
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post-game shows, his listener numbers tripled. In going to a new station, Furman is not only going to have to contend with the demands of doing a daily three-hour show year-round, he's going to be doing it at a station where he's the sole local weekday on-air host. Unlike Furman's old employer, WFTK is banking on a formula that relies heavily on syndicated talent, such as Fox loudmouth Bill O'Reilly and Howard Stern wannabe Erich "Mancow" Muller, among others. Can a hometown meshuggener like Furman succeed in such company?

"Andy can build excitement, build awareness, and he can get people to listen to the program," says Rob Riggsbee, a friend of Furman's and the president of Inside Media, a Newtown-based ad-buying firm. "But he cannot sustain a radio station on his own. You've got too much competition. They need local and live talent. The clock is ticking."

NOBODY NEEDS to remind Furman about what's at stake. He won't offer up numbers but says his new contract is comparable to the one he had at WLW ("I'm doing OK," he says). During the time I spent shadowing him at WFTK and at Straus Tobacconist, the downtown cigar shop where he regularly spends his mornings, trading jokes and insults with Jeff Ruby and a cadre of buddies, Furman repeatedly mentioned the pressure he's placed on himself to make the show a success. "They really appreciate that I'm there and I hope I don't let them down," he told me.

Much of the anxiety had to do with his uncertainty over whether his regular listeners would follow him to FM. But a week later Furman seemed mildly confident that they would. He was back to banging on the local sports teams ("They don't have a good enough product to gauge," he said of the recent Bengals ticket price hike) while familiar voices rang him up. "Great to have you back!" they'd say. And "You sound so much better in FMI!" Others skipped the niceties and jumped right back into the fray.

Within two weeks of debuting his new show, Furman seemed to have settled into his routine. His office, off a long hallway of sales cubicles, is testament to the two things most important to him: sports and family. Pictures of his two teenage sons, whom he and Wen-

dy adopted from Bulgaria 10 years ago, are everywhere. There's a beaming shot of Furman trapped in a headlock administered by former Reds outfielder Kevin Mitchell and another from 1990 of Furman's shaved head, a look he was forced to adopt after betting against Cincinnati in the World Series.

The centerpiece of the room is Furman's brown IBM Selectric III typewriter, which just might be the most well-used piece of equipment at the station. Since he was in high school, Furman has been writing letters to coaches and players all around the country, to introduce himself and to enclose an article or information about a recruit they might have missed. Before and after his show, Furman, who estimates he sends out 35 letters a day, can be found pounding away at the keys. It helps explain how he's able to get such normally reclusive sports figures, from Bobby Knight to Bill Belichick, to appear on his program.

On his eighth day of the new job, at just a few minutes before four, Furman was in his office jotting down a few notes. Then he placed a stack of papers and newspapers into a black plastic crate with wheels, flipped up the handle, and made his way down the hall to the studio. He was back to his normal attire—fleece jacket and wind pants—and as he walked through the office he looked like an airline passenger carting his luggage to the gate. "I don't really know anybody here yet," he cracked. "I feel like a contractor, like a guy who comes to your house once a month to clean your sewers."

The show went off without a hitch. There were plenty of callers, and the interview with former Louisiana State basketball coach Dale Brown left Furman happy. ("That was great," he kept saying afterwards.) By the third hour, he even had something to complain about: A recent stag party at the Five Seasons Sports Club in Crestview Hills hadn't included him on the invite list.

"I will never set foot in the Five Seasons," he said, his voice getting louder. "The nerve of you! Every blockhead who claims to work in sports was there and I can't [get invited]. Believe me when I tell you this, my hand to God: This is gonna be the number one rated show in this community."

Then he shut up and took a call. **G**



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referrals coming our way." Though Nelson doesn't say white doctors weren't making referrals, it is implied. "We were sending them their way," he says, "but not the other way around."

One of the few personal anecdotes Owens shares about his college years doesn't involve medicine. As an undergraduate, he spent about a year in Kampala, Uganda, as an exchange student at Makerere University. Back then, he was a standout basketball player so he played for the school. "I was skinny," he says. "I could shoot the jump shot. I was good." So good, he says, the Africans thought he had "magic." "When I heard that, I dribbled down the sidelines talking to the basketball: 'Oogah-boogah!'"

It was 1969, and Idi Amin, then commander of the Ugandan army, fancied himself an athlete. Though years earlier Amin had been Uganda's light heavyweight boxing champ while in the colonial British army, he was not a ball player. Still, Amin wanted to play the university team. Big and uncoordinated, Amin would have surely lost. Someone from

the American Embassy called and warned Owens and his teammates of Amin's temper as a sore loser, and Owens wisely feigned injuries so that he didn't have to play. It's one of the few times in his life he's taken the easy way out.

BY HIS OWN account, last year Owens spoke to 26,000 students and as many adults, telling of his rags-to-resources childhood. When he gives this speech, he always launches into a death-knell diatribe about drugs and violence, invariably including the untimely cocaine-related death of NBA footnote Len Bias in 1986, by far his favorite "scared straight" story to tell.

He'll go anywhere and talk to any group to espouse the sanctity of life and the evils of drugs and crime. Anywhere, he says, except on 1230 AM WDBZ. "I won't do the BUZZ," he says when I tell him I overheard his assistant on the phone with the station. A former college radio disc jockey whose voice is mellifluous when he makes a grave point, Owens says BUZZ callers accused him of inten-

tionally trying to sound like Barry White to lure callers into voting for the jail tax levy. "What? Does he think he's gonna seduce us into voting for the jail?" he says, mimicking callers. Another time, he says, callers railed at him for ruling in favor of the police and against a "brotha" in a Taser case—even though the victim was a white man. He sees the station's callers as highly irrational and half-cocked and calls the urban folklorists and conspiracy theorists clogging the BUZZ's phone lines "professional naysayers." "I'm going to quit doing things I think are not right," he says. "I'm not doing things out of obligation anymore."

But rank-and-file black folks have heard him. Maybe not on the radio, but they've heard the rage in his voice when he talks about murder in the city. He has changed some attitudes about cooperating with homicide investigations—no small task in a city where the black community still holds a palpable and deep distrust of the police department.

Assistant Police Chief Lt. Col. James Whalen, a 21-year veteran of the depart-

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ment, says Owens's emotional outburst in July at the scene of the drive-by murder of Sean L. Segar in North Fairmount helped solve the case. "The 1800 block of Baltimore is all residential," Whalen says, setting the scene. "It's early evening, summer, kids are outside. You can imagine, with shots being fired and a guy trying to make a U-turn trying to get away, one of these bullets could've hit a bystander."

Nearly 200 neighborhood residents gathered as police taped off the site of the killing. Owens arrived—shortly after becoming coroner he made it his business to visit any police investigation involving a homicide—and waited for the crime scene van, which was tied up for an hour across town.

The scene was grim. Segar's bullet-riddled corpse was visible in the car, and the street was full of people gawking. The frustration of yet another don't ask/don't tell public murder got the best of Owens. Fully aware of the presence of TV news cameras, he confronted the onlookers. "Who's going to stand up?"

he boomed at the crowd, railing at them across yellow police tape. "It's time for us to stop this!"

It was the first time Owens had ever directly addressed a crowd at a murder scene, and his tirade was repeated in print and on TV. "He flat-out yelled," says Whalen. And it had an effect. Two days later, police arrested Matthew Murphy, 16, and charged him with aggravated robbery and aggravated murder in Segar's death. "That case was closed on arrest based on what was gathered at the scene," Whalen says. "[Owens] talked to somebody and encouraged them to tell what they'd seen and that led to solving a homicide."

Whalen says Owens's presence at crime scenes has been important, and his outreach to detectives has smoothed his office's relationship with the police department and created a team approach to crime solving.

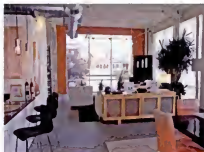
"We had 89 homicides last year and he was at the vast majority of those, whether at three in the afternoon or three in the morning," Whalen says. "He invites

our detectives to his office to speak to pathologists. They have a room with electronic equipment where they can look at slides and talk about the science of cases and see evidence together."

Compared to previous coroners, says Whalen pointedly, Owens is "quite different."

OWENS'S APPROACH HAS also made him a magnet for detractors. Since he took over the coroner's office, some upper-middle-class blacks have sarcastically branded him "Cincinnati's Barack Obama." By this they mean Owens is greatly favored by whites and therefore viewed with skepticism by some blacks. And they complain—off the record—about his outsized ego and his gruff manner.

Owens certainly isn't the first physician in history to be accused of arrogance, and some of the complaints about his personal style date back to his days in private practice. "With patients, you're putting their lives in your hands," he says. "You'd better have confidence."



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Longtime friend Eric Ellis, president of Integrity Development Corporation, a management consulting firm, says what the public sees is precisely that—Owens's confidence. "Most of the world has not really been exposed to a free black man," Ellis says. "When you are liberated, the power you carry with you is often misinterpreted as arrogance. He's confident and he's free."

Buford says if Owens had the outlandish ego his detractors say he does, then he would have remained in private practice making "a boatload of money." It's Owens's desire to help young people that has thrust him into the public eye. "You absolutely cannot be in the public eye accomplishing anything meaningful without having detractors, and he certainly has his detractors," Buford says, adding pointedly that what people are accusing him of is ego—"not fraud, dishonesty, or theft."

But being an elected official means being closely scrutinized through a political lens. Last fall, Hamilton County Prosecutor Joseph Deters and Sheriff Simon Leis enlisted Owens's help in campaigning for the tax levy that would've built a new jail. The proposed levy did not play with many black voters, who saw it as a means for law enforcement to have more leverage to railroad and warehouse black criminals. One of the rumors that circulated about Owens's public support of the jail is that he was paid between \$70,000 and \$80,000 as a "consultant."

"I wish I could be paid \$70,000," Owens says, laughing in my presence for the first time. "I used to tell kids, 'When you steal, is that what you're worth?' What kind of money is 80 grand to pay for your integrity? That doesn't happen to black people. That's TV stuff."

"I LIKE THE detective aspect of the office—looking at things and putting things together," Owens says. We are talking in a conference room that appears to be, judging from its mustard-yellow leather couch, frozen in 1973, when the Eden Avenue building housing the coroner's office was new.

Owens defeated incumbent Dr. Carl Parrott in the race for the coroner's office under the campaign slogan "Dignity in life, dignity in death," vowing to restore order, trust, and accountability

in an office buffeted by controversy. Unlike Parrott, Owens is not a trained forensic pathologist and does not perform autopsies himself. As Hamilton County Coroner, his duties are to order and oversee autopsies, determine causes of death and sign death certificates, and oversee the work of the office's staff of criminalists, pathologists, and investigators. It's a team—all holdovers from Parrott's tenure—that he seems to hold in high regard.

That said, not everyone exalts Owens's administration of the coroner's office, and he's received his share of criticism. Renfro Funeral Home co-owner Gayle Harden-Renfro is frustrated that under Owens, families are no longer allowed to view bodies in the Hamilton County morgue. The other change that troubles Renfro is that Owens has stopped his office from performing private autopsies at the family's behest. As a result, Renfro says, families who suspect malpractice no longer have the option of a coroner's autopsy; if they can't raise the \$1,200 to \$2,000 it can take to pay for a private autopsy, then they have to bury their dead with lingering questions.

Owens says he made the change because he wants his staff to stay out of private legal action when possible. "I didn't want my staff getting involved in that," he says. "I wanted our hands to be clean."

More public, and more controversial, has been his conflict with the LifeCenter Organ Donor Network. Last November, LifeCenter, an organ procurement organization, came under fire after Owens instigated a report by Channel 9's I-Team into its practices and procedures.

"What I was seeing was a number of people—black people, poor people—donating organs [when surviving families] couldn't [afford to] get the body out of the morgue," Owens says. "The biggest issue is [LifeCenter] went into the room and told [family members], 'If you don't give us your organ the coroner's going to throw it away.'" He all but called the organization predatory in its aggressive recovery of organs. "The average donor body generates an average of \$120,000 to the donor organization," he says. "They say 'donate,' I say 'sell.'"

LifeCenter public affairs manager Andi Johnson is adamant that LifeCenter does not use high-pressure tactics

when approaching surviving family member about organ donation. And she points out that federal law prohibits organizations like hers from compensating families for organ donations. When a family agrees for their loved one's organs to be donated, LifeCenter incurs all the cost of removal, Johnson says. "We're not an organization whose mission is to make money from people who are donating."

Johnson says the coroner's allegations were "misinformation" that instilled fear into potential donors, and complains that Owens rebuffed LifeCenter's attempts to discuss his concerns. "The overarching thing is the lack of communication prior to that story," she says. "He chose not to meet with us six months before the story even aired."

Confronted by Channel 9's Hagit Limor about his approach to handling LifeCenter, Owens didn't deny that he deliberately chose to air the controversy. He "preferred a public discussion" he said, rather than "a private 'back door' deal." The two-part series—with its in-depth look at organ donation practices—proved Owens was adept at getting what he wanted.

ON A COLD morning in early January, Owens is scheduled to speak at Riverview East Academy on Kellogg Avenue. Here, as at all his appearances, he's on a mission. As he's escorted to the gymnasium, a black female custodian articulates what that mission is. "Somebody need to tell them about death," she says to her coworkers as the coroner sweeps past. "These kids need to know about death."

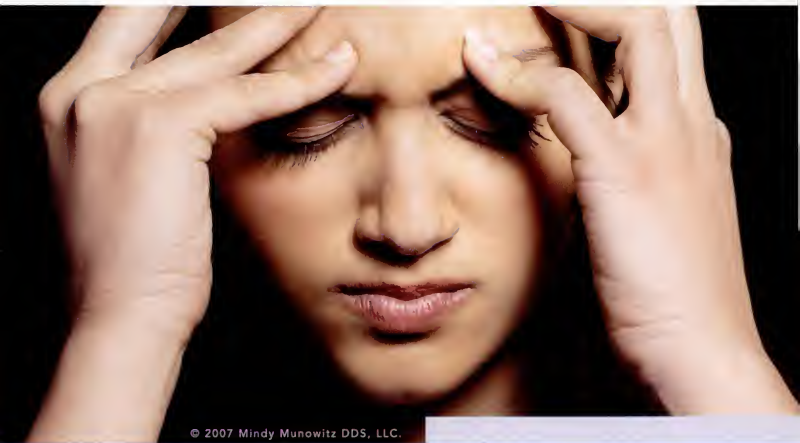
When it comes to death, Owens is the man. He likes disseminating factsoids that only a scientific mind would love. His journeyman speaking engagements across the county explaining black-on-black killings, drug-related murders, suicide, and DNA have made him a household name. Now he sets up his projector and laptop on a table at midcourt as the bleachers fill to the top row with restless students in various states of unkempt blue and khaki uniform dress.

Once they're assembled and settled, principal Eugene Smith dispassionately introduces Owens.

"Are there any questions you need to ask Mr. Smith?" the principal says, referring to himself in the third person.

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A LIFE IN DEATH

"Are there any dead people?" one kid brays.

"No," Smith intones.

Owens takes over from Smith before titters derail the session into silliness. "I'm really here today to save your life," Owens says with the gravitas of an undertaker. "Of all the deaths I see at the county morgue I mainly see premature deaths. Right place! Right time! Right people!" He punctuates each by holding up fingers like he's counting.

During the hour-long presentation Owens doesn't crack jokes, mince words, or otherwise feign hipness to engage the seventh- through 10th-graders. When slides of what Owens calls "unknown remains"—an unrecognizable mass—appear onscreen, some kids get antsy, looking excitedly at one another in anticipation of actual dead bodies. Owens tells them the time of death is determined by taking the corpse's temperature. Since the average body temperature is 98.6 degrees, each degree below that is equal to one hour the person's been dead. The scientific equation is anticlimactic, espe-

cially when all the students want is to be grossed out. In this way Owens is boring: straightforward science in police work and the smarts it takes to do the work.

He traces the correlation between Cincinnati's first crack-related arrest in 1987 to the spike in crime and crime-related deaths as a generation of babies born addicted to crack comes of age.

"Are crack babies the same as crackheads?" a black boy asks Owens. The students burst into laughter.

"No," Owens says, "crack babies can go through withdrawal. That's nothing to laugh at. Think about it. That baby has to fight the rest of his or her life."

Then, as he'll do many more times at other stops, he shows a map of Hamilton County covered with red and blue marks. It's death by dots. Red dots represent black deaths, blue dots are white deaths.

"African-Americans make up the majority of homicides," he says. "The majority are killed in Over-the-Rhine. Eighty percent of people killed in Over-the-Rhine do not live in Over-the-Rhine.

It doesn't mean people in Over-the-Rhine are bad. People are coming in for drugs."

This disclaimer, repeated each time he speaks publicly, takes on different significance depending on the audience. For these mostly poor and mostly black students, it may take the sting out of feeling like a pending statistic. For the all-white audience of the Loveland Schools Foundation 12 days later, the pronouncement meets with hushed consideration. People coming in for drugs are coming in from...where?

At Loveland High School, nuclear families have come to hear the coroner. He tells them there are more suicides in suburbia than in urban neighborhoods with high concentrations of murder. In poor urban neighborhoods, he says, there's violence by people who "don't worry about tomorrow."

"People in suburbia worry about college tuition and mortgages," he says. "They worry about tomorrow, so they kill themselves."

Owens is wily in how and when he ad-

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dresses his audiences, how he tells what to whom. He talks to poor black children during school hours about homicide, drugs, and the importance of staying in school. He talks to wealthy white families after the dinner hour about suicide and the saturation of crystal methamphetamine use among them. Then, like a one-man Queen City ambassador, he assures them it's safe to come downtown. "You can come down to Cincinnati—Music Hall, Cincinnati Opera—and you won't be murdered because you don't fit the profile. Unless you're doing drugs," he says. "Will innocent bystanders be killed? Yes, but some of them have cocaine in their systems."

There is no slide show at Loveland. Instead, Owens paints in a low and steady voice an abysmal portrait of life for poor, young, urban dwellers. "They don't get out of bed," he says, "they get off the floor. They walk through a dilapidated apartment. These are kids who don't have dreams and if they do have dreams their dreams don't out-distance their realities."

"How do we rescue people otherwise written off?" asks a blonde mother sitting with her husband and daughter.

Punish the bad and salvage the rest "before they cross over," Owens answers.

The switching Owens does between black or white and rich or poor audiences can be tricky. Talking to suburban whites about black misery in broad strokes rife with stereotypes can backfire, solidifying those stereotypes. When he says "poor" or "crack cocaine" does his white audience hear "black"?

On the other hand, if explaining the cultural issues behind his dots and pie charts can reverse the assumption that blacks commit all crimes and are the only population dying violent deaths, then Owens is doing more to unsnarl the tired notions of race relations in Cincinnati than the Collaborative Agreement, the CAN Commission, and the election of a black mayor put together.

Even knowing what I know about him now—his drive to understand what's behind the violence in this community; his

passion to keep kids off the streets and to give them a chance to succeed—I still don't entirely grasp how he has made this transition. To go from a field where he was, quite literally, bringing life into the world to one where he is surrounded by death seems like a shift in the bedrock of his world. How do you go from cradle to grave without weighing down your soul?

A week after hearing the grim statistics at the Loveland presentation, during a rare slice of private time with him, I ask how he keeps from taking the dead home with him.

"As a physician you're trained very early to deal with death," he says. "Medicine's not about defeating death, it's about quality of life. The balance for me is I spend time talking to students and I get letters saying, 'Hey, I listened. I paid attention. I'm going to change my life.'"

"[Death] doesn't weigh as heavily as the public thinks. You get accustomed to death."

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The double-cut pork chop with charizo mashed potatoes, stewed creole vegetables, and a bourbon demi-glace at Tink's Café in Clifton.



Howdy, Neighbor

Cozy up to Clifton for some Southern comfort food at Tink's.

Somewhere between the trendy destination dining spot and the anonymous carry-out lies the neighborhood restaurant. Its charms are well known, or at least well-imagined: the inviting welcome, the cadre of familiar faces, a favorite table, the feeling of belonging. Here you can stop in for a quick burger and a beer at the bar, meet friends for wine and appetizers, or have a relaxed sit-down dinner with the family. More than their proximity, the best of these eateries reflect a sense of place and give others a window into the surrounding community. They serve as gathering spots rather than just dining rooms. Clifton residents already know that the seven-year-old Tink's Café fits this profile comfortably. Combining the warmth of a local hangout with Clifton-cool, it's a restaurant worth leaving your own neighborhood for.

From the sidewalk, lights glow behind the large, handsome, multi-paned front window. A former post office, the interior consists of a single room, cozy but uncluttered, with glossy black tables set with rolled white linen and simple café chairs. With its high ceiling, small burnished mahogany bar, polished oak floors, and walls adorned with a rotation of colorful paintings and photographs, Tink's suggests the feel of a rustic urban loft. It's a good fit for the progressive university area. Minimalist, modern, and unpretentious, it's like wearing a little black dress with sensible shoes.

It's no wonder Tink's has achieved the enviable balance of attracting both district and destination diners. Owner Eliot Jablonsky—who purchased Tink's from original owner Mary Swortwood (who named it after her dog)—is particularly adept at capturing the essence of a neighborhood and transforming that intangible quality into a stylish, lively restaurant. Knowing the importance of pedestrian traffic and appealing to the audience that's closest to the business, his intuition has paid off several times: with Mariemont's Quarter Bistro, the Vineyard Café (both of which he has sold), and Red steakhouse (on Hyde Park Square). At Tink's, he has carved a unique niche by offering live music on Monday, Tuesday, and Thursday evenings. While other establishments are closed on Mondays, or struggling to fill tables, Tink's is jammed with diners listening to the spirited gypsy jazz of The Faux Frenchmen. Inspired by Django Reinhardt and Stephane Grappelli's Hot Club of France (a band popular in 1930s Europe), and infused with the four stellar musicians' own interpretations of American jazz and blues, the swinging, sophisticated acoustic music is a perfect match for Tink's: Sizzling for serious music fans, or pleasant as background for dinner and conversation.



BY DONNA COVRETT

PHOTOGRAPHS BY RYAN KURTZ

A CLEAN, WELL-LIGHTED PLACE

Angela Willet makes sure wine glasses sparkle (left); grilled salmon with sautéed plantains, sliced avocado, corn caulis, and grilled lemon (above).

Tink's Café

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Like the music, the menu is a patchwork of influences. Asian, Latin, and Italian ingredients blend with the Southern cuisine of Chef James Wilhelm for a rather large selection of appetizers, salads, sandwiches, and entrées. Wilhelm, who worked as a sous chef under Sean Daly before taking the helm almost a year ago, creates dishes that impart Southern comfort rather than astonishment. He has a slightly heavier hand than some of the chefs in Tink's lineage (in addition to Swortwood and Daly, Shoshanna Friedman of Honey and Kathryn Bishop of York St. Café and Latitudes have done turns in the kitchen), and while most of the food is very good—particularly sandwiches and salads—a few dishes are underwhelming.

Chubby crab cakes, a recipe from the days when Jablonsky himself was a chef, are wonderful: crisp and crusty on the outside, moist and crabby within. But paired with wilted greens and lifeless lo mein noodles coated in an overpowering soy ginger glaze, the whole proves texturally uninteresting. I craved something light and crunchy to contrast the rich, meaty crab. A roasted "seven-spice" chicken breast is cooked to tender perfection, but it's fighting boredom from the Asian dressing of hoisin butter, which tastes more like a sweet bottled teriyaki glaze than any discernible mixture of spices. But then Wilhelm pairs the lean, firm flesh of a splendidly roasted grouper with fresh peas, Jonah crab, and grilled lemon with shavings of black truffle for a successful marriage of sea and earth.

The signature house dish—shrimp and white cheddar grits—shows off the Southern flair established by Daly and earnest-

ly upheld by Wilhelm. These are not your Aunt Sassy's grits, but grits made opulent with the addition of white cheddar and Boursin cheeses. A tasso (Cajun-style seasoned cured pork) demi-glace is gorgeously glossy under the grits, its spicy saltiness providing some friendly opposition. Other specialties include fried green tomatoes layered with tomato confit, goat cheese, and buttermilk dressing (the tomatoes are so crispy-licious, they don't need the prodigious amount of dressing); a pork chop served with chorizo mashed potatoes and stewed Creole veggies; and Tink's version of gumbo: shrimp, chicken, tasso, and vegetables over more of those wicked white cheddar grits. The flavorful half-pound Kobe burger is worth every penny of its \$14 price tag, and the rakish fried green tomato BLT (with bacon, lettuce, and chipotle aioli on rosemary bread), which comes with a house salad, is an exceptional \$10 combo for lunch or dinner.

With the music and the atmosphere here, the temptation is to linger. The list of desserts sounds inviting, but as in the rest of the menu, some show better on the plate than others. It makes a statement when chocolate torte goes unfinished between four people, but warm plantain bread pudding with cool, dreamy vanilla sauce disappears faster than my friends when it comes time to split the check.

If a neighborhood restaurant ideally reflects the heart of its residents, then Tink's has enough allure to pull you in, and enough spunk to smooth over the flaws. The only problem with making a special trip to dine here is that you can't walk home. ☉

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Frisky Business

The Food Network is stirring audiences.

Far from the days of Graham Kerr, the quirky Galloping Gourmet, or Julia Child teaching a meat-and-potatoes culture how to make a perfect omelette, the Food Network has redefined cooking shows as a sensual, idealized world driven not by recipes but by throwdown competitions, bobble-head personalities, and "pore shots" (extreme close-ups of ingredients). Watch the loud and abrasive Emeril Lagasse pitch hush puppies to fans in the back row with boozy charisma, or a desperate housewife swoon over hunky Tyler Florence as he frees her from her kitchen-bound frustrations in *Food 911*, and it's obvious the FN is not designed for people who cook.

But where Emeril replaced afternoon soap operas with absurdist food theater, the new shows are strictly culinary porn. So it goes. We hunger for love, we lust for chocolate. Nowhere is the psychological connection between food and sex played out with more visual appeal than on the FN (barring shows like food-dork Alton Brown's *Good Eats*, which can spend an entire 30 minutes examining barley). Lighting and camera angles capture the shine of a perfectly trimmed steak, the blushed ass of a peach, or a single raspberry perched like a perky nipple atop a pale breast of vanilla Bavarian; pumped up audio records every sizzle, slurp, and snap. It's a visceral experience. And just like porn, it's made to look effortless. "I could do that," you think. Well, you might, if you had swap-outs and food fluffers. In reality, it's unlikely your eight-inch blade will ever cut into a tomato that perfect.

The Food Network has developed its own breed of food-porn stars. The camera lovingly lingers over the cleavage of resident glamazon Giada De Laurentiis of *Everyday Italian*, who, in a uniform of tight, low-cut sleeveless sweaters and just-got-out-of-bed hair strokes a log of cookie dough. "Ooh, I'm getting it all over my fingers," she coos. Then there's Nigella Lawson, the curvy Brit with the flirty accent who reveals she likes to cut food into sizeable chunks, but takes into account that our mouths "might not be as accommodating" as hers. There is no one in the entire universe of cable television who licks a spoon with as much virtue and sin as Lawson. Even the incredibly goofy Rachael Ray—the Mary Ann to Lawson's Ginger—fits a female porn archetype as the girl next door.

Most of the shows on the Food Network seem to be based on the premise that eating can be construed as a form of sexual intercourse; like sex, it's not enough that we do it, we want to watch others do it as well. It begins with foreplay, watching the stars anticipate a good meal. Intercourse takes place as they chew, taste, savor, and climax, followed by a warm, sated contentment. "Mmmm, this is a sexy dish," growls male-muffin Tyler Florence as

he and a soccer mom swoon over the great American hamburger. The camera pans in tight as they take a bite of the glistening burger, so tight that meat squirts juice on the camera lens. Even in food porn, you have to get the money shot. ☺

Contact the dining editor at dcovrett@cintimag.ennis.com





**JUNE
11-17**

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7 Days for SIDS

DINE OUT TO MAKE A DIFFERENCE

CHEFAPALOOZA.

[Tuesday, June 12] 5:30 p.m. - 9:30 p.m.

Midwest Culinary Institute at Cincinnati State. This year the famed New Southern Cooking Movement chef, **Nathalie Dupree** joins Jean-Robert de Cavel and David Cook of Daveed's at 934 for lively cooking demonstrations! Reserve space now! Tickets: \$75; VIP Tickets \$125

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[Wednesday, June 13]

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african

THE EAST AFRICAN RESTAURANT, 6025 Montgomery Rd., Pleasant Ridge, (513) 351-7686. Authentic Ethiopian and Eritrean cuisine in family setting. Features beef, lamb and chicken stews on injera bread. Vegetarian items available, \$7-\$11.50. Lunch & dinner Tues-Sat. Cash or check. ★

TERANGA, 8438 Vine St., Hartwell, (513) 821-1300. West African meat and rice dishes: fish, chicken and beef paired with intriguing, exotic stews and sauces, \$6-\$10. Lunch & dinner seven days. MCC, check. ★

american

ARNOLD'S, 210 E. Eighth St., downtown, (513) 421-6234. Oldest tavern in continuous operation in the city. Features American traditional and Italian fare. Expanded menu includes steak and seafood, \$6-\$19, lunch \$4.25. Courtyard open year-round, full bar. Reservations accepted. Lunch Mon-Fri, dinner & live music Tues-Sat. MCC, DS, ☉

ARTHUR'S, 3516 Edwards Rd., Hyde Park, (513) 871-5543. Neighborhood café, antique bar, garden. Burgers, salads, soups and deli sandwiches, \$5-\$11. Children's menu, full bar. Lunch & dinner seven days, brunch Sun. MCC, DS.

BEHLE STREET CAFE, 50 E. Rivercenter Blvd., Covington, (859) 291-4100. Pastas, ribs, pork chops and salads. \$7.50-\$28. Children's menu,

banquet facilities, full bar. Reservations recommended. Lunch & dinner seven days. MCC, DS.

BRANDYWINE INN, 204 S. Main St., Monroe, (513) 539-8911. Filet mignon, seafood \$16.96-\$24.95, prix fixe multi-course dinner \$28.95 and up. Full bar, wine list. Reservations suggested. Dinner Thurs-Sat (or any night for private groups of 12 or more, as long as you make a reservation). Cash or check.

BRINKLEY'S, 4747 Montgomery Rd., Norwood, (513) 351-7400. Prime rib, triple nut-crusted chicken breast and their signature Chef's Garden salad bar. \$6-\$23. Wine list. Lunch Mon-Fri, dinner Mon-Sat. MCC, DS.

BROWN DOG CAFE, 5893 Pfeiffer Rd., Blue Ash, (513) 794-1610. Casually upscale and inventive dining. Grilled seafood, meats, pastas, wild game, \$16-\$29. Lunch \$7-\$13. Full bar. Reservations suggested. Lunch Mon-Fri, dinner Mon-Sat. MCC, DS. ★

BUCKHEAD MOUNTAIN GRILL, 35 Fairfield Ave., Bellevue, (859) 491-7333. Chicken wings, pot roast, ribs and meatloaf in ski-lodge setting. \$8-\$18. Call-ahead seating. Lunch Mon-Fri, dinner seven days. MCC, DS.

CABANA ON THE RIVER, 7445 Forbes Rd., Saylor Park, (513) 941-7442. Grilled mahi-mahi sandwiches, pork barbecue, steak on a stick, Angus beef burgers, specialty salads, \$6-\$12. Full bar, river view, live music on weekends. Lunch & dinner seven days. MCC. ★

CHEESEBURGER IN PARADISE, 812 Eastgate North Dr., Eastgate, (513) 753-4593. Jimmy Buffet fan fare. Mini-cheeseburgers, chocolate nachos, shrimp fritters and a Tiki Bar stocked with beach-cocktail concoctions. Tiki Bar features a late-night menu and live music nightly. Lunch & dinner seven days. MCC, DS.

CHEESECAKE FACTORY, 7875 Montgomery Rd., Kenwood, (513) 984-6911. Menu includes more than 200 items including pizzas, pastas, steaks, seafood, chicken, burgers, and more than 30 kinds of cheesecake, \$6-\$27. Carryout, full bar. Lunch & dinner seven days, brunch Sun. MCC, DS, DC.

CHEZ T, 1004 Delta Ave., Mt. Lookout, (513) 321-2053. Fresh baked scones, croissants and omelettes. Soups, salads and desserts made fresh daily, \$1.75-\$5.75. Breakfast & lunch Mon-Sat. MCC, DS, DC.

CHICKEN ON THE RUN, 7255 Ohio Ave., Deer Park, (513) 791-6577. Sandwiches, burgers, shrimp basket, chili, soups, under \$7. Full bar. Lunch & dinner Mon-Sat. MCC, DS. ★

COCO'S, 322 Greenup St., Covington, (859) 491-1369. In historic Riverside district. Seafood, pastas, beef and poultry, \$12-\$23. Full bar. Live music Mon-Sat. Dinner seven days. MCC.

COURTYARD CAFE, 1211 Main St., Over-the-Rhine, (513) 723-1119. Burgers, homemade soups and appetizers, \$4.50-\$10. Daily lunch

specials. Happy hour Mon-Fri. Entertainment Fri & Sat. Lunch & dinner Mon-Sat. MCC, DS, DC.

DAVEED'S AT 934, 934 Hatch St., Mt. Adams, (513) 721-2665. American cuisine with eclectic flair including duck breast and pan-seared New York State foie gras, \$22-\$29. Wines carefully paired with food. Private dining & catering available. Outdoor dining. Reservations suggested. Dinner Tues-Sat. MCC, DS, DC. ★

DAYBREAK, 3816 Paxton Ave., Hyde Park, (513) 871-4400. Like a Perkins with attitude. Award-winning stuffed French toast, spinach omelettes, quiche and the unique Smartini smoothie, \$3.50-\$7.50. Breakfast, brunch & lunch seven days. MCC, DS.

deSHA'S AMERICAN TAVERN, 11320 Montgomery Rd., Symmes Twp., (513) 247-9933. Lodge/ resort ambience. Features roasted pork tenderloin, chicken, beef and plenty of comfort foods, \$7-\$23. Wine list, imported beer and plenty of single-barrel bourbon. Children's menu. Lunch & dinner seven days. MCC, DS, DC. ★

DETROIT JOE'S, 115 E. Ninth St., Newport, (859) 261-5637. Serves burgers, sandwiches, soups and salads for lunch, from \$7-\$8. Dinners of steaks, ribs, seafood and pork, plus specials \$15-\$27. Reservations suggested. Lunch Mon-Fri, dinner Fri & Sat. MC, V.

DILLY DELL, 6818 Wooster Pike, Mariemont, (513) 561-5233. Cozy restaurant/wine shop with two-tier English courtyard. Features soups, specialty salads and sandwiches, quiche, and vegetarian items and bistro-style dinners, \$5.50-\$18. Live music Fri & Sat. Full bar. Lunch & dinner Mon-Sat. MCC, DS.

EMBERS, 8170 Montgomery Rd., Madeira, (513) 894-8090. The folks behind Kenwood's Trio add a sushi bar to a menu of steaks, chops and seafood in this, their second area eatery. Offer Oscar, rotisserie chicken, sea bass, \$20-\$65. Reservations accepted. Dinner seven days. MCC, DS, DC. ★

ENCORE BISTRO & BAR, 9521 Fields-Ertel Rd., Loveland, (513) 774-7072; 7305 Tyler's Corner Dr., West Chester, (513) 959-0200; 776 N. Main St. (Route 741), Springboro, (513) 748-8877. Offering delicious pastas, steak, seafood and fire-grilled pizzas. \$7-\$25. Children's menu. Full bar. Lunch & dinner seven days. MCC. ★

GEOFFREY'S GRILLE AND BAR, 5880 Cheviot Rd., White Oak, (513) 385-9999. American cuisine. Smothered chicken, fresh seafood, Santa Fe sirloin, burgers and salads, \$7-\$14. Children's menu. Full bar. Reservations for large parties. Lunch & dinner seven days, brunch Sun. MCC, DS.

GLENDALE GASLIGHT CAFE, 1140 Congress Ave., Glendale, (513) 771-8658. Cozy neighborhood spot serves seafood, steak, pork tenderloin, plus soups, salads, hot & cold sandwiches. \$6-\$24. Tuesday is lobster night. Reservations for five or more. Lunch & dinner Mon-Sat. MCC, DS, DC.



weeknight

French Accents

It's about time **Café de Paris** opened a dinner spot. If you've ever fought the lunch crowds at the downtown location, there's no doubt you've longed for more from owner Khaled Atallah. Finally, he's done it—a tiny restaurant full of blonde wood benches, tables, and chairs two doors down from Cumin in East Hyde Park.

Atallah's dinner menu—a step up in both presentation and price—is neither strictly French nor completely Mediterranean, but a healthy blend of the two. Appetizers of cubed potatoes sautéed in tomatoes and garlic, and stuffed filo with scallops, shrimp, and Swiss cheese combine the light texture of classic French dishes with the sun-kissed flavors of sea-bound destinations. Grilled salmon, lamb, beef, and chicken breast get similar treatments as entrées, sautéed in herbs and served with a soothing side of couscous or grilled vegetables. This fusion works in most instances, but proves to be a bit much in the case of the *Salade Tropicale*. Made with curried chicken cashew topped with fresh mango slices, it's very ambitious, but the flavors give my taste buds ADHD. Still, one busy dish doesn't spoil the bunch at Café de Paris. There's simply too much to like. *C'est bon.* —ALEXANDER VOTKO

FYI 3514 Erie Ave., East Hyde Park, (513) 533-0025. Open Mon & Tues 7:30–10:30 am and 11 am–2:30 pm; Wed–Fri 7:30–10:30 am, 11 am–2:30 pm, and 5–9:30 pm; Sat 9–10:30 am, 11 am–2:30 pm, and 5–9:30 pm. Prices \$8–\$33.

THE GOLDEN LAMB, 27 S. Broadway St., Lebanon, (513) 932-5065. Housed in Ohio's oldest inn. Roast duckling, lamb, fresh seafood, steaks and prime rib, \$15–\$26. Children's menu. Full bar. Breakfast Sat & Sun, lunch Mon–Sat, dinner seven days. MCC, DS.

GRAND FINALE, 3 E. Sharon Rd., Glendale, (513) 771-5925. Contemporary American cuisine. Chicken ginger, rack of lamb, steak and seafood, \$16–\$25. Breads, pastries and desserts made on premises. Children's menu. Garden courtyard open year-round. Full bar. Reservations accepted for lunch parties of more than five and any dinner night. Lunch Tues–Sat, dinner Tues–Sun, brunch Sun. MCC, DS, DC.

GREYHOUND TAVERN, 2500 Dixie Hwy., Ft. Mitchell, (859) 331-3767. Popular neighborhood spot features Southern-fried chicken, chops, prime beef and seafood, \$5.50–\$21. Children's menu. Outside dining. Full bar. Reservations suggested. Lunch & dinner seven days, brunch Sun. MCC.

HENKE WINERY, 3077 Harrison Ave., Westwood, (513) 662-WINE [9463]. Owners Joan & Joe Henke make 14 varieties of wine and offer a full menu of chicken, fish, steaks and daily specials, as well as pizzas and hors d'oeuvres, \$6.95–\$23.95. Wine & Dine Club every third Sunday. Reservations accepted. Lunch on Sat, dinner Mon–Sat. DS, MC, V.

HYDE PARK TAVERN AND GRILLE, 3384 Erie Ave., Hyde Park, (513) 321-6900. Serving thruster New York-style pizzas, filet mignon, cedar plank salmon, and crab cakes, \$13–\$26. Full bar, carryout. Reservations for large parties. Lunch & dinner seven days. MCC, DS.

IRON HORSE RESTAURANT, 40 Village Square, Glendale, (513) 771-4787. Steak, fresh specialty seafood, creative vegetarian specialties, award-winning wine program, \$14–\$32. Homemade desserts. Full bar. Private party rooms. Live jazz on weekends. Lunch Mon–Fri, dinner Mon–Sat, private party room available. MCC, DC, DS.

IZZY'S, 610 Main St., downtown, (513) 241-6246; 800 Elm St., downtown, (513) 721-4241; 300 Madison Ave., Covington, (859) 292-0065; 1198 Smiley Ave., Forest Park, (513) 825-3888; 5098B Glencrossing Way, Westwood, (513) 347-9699; 7625 Beechmont Ave., Anderson Twp., (513) 231-5550; 8179 Princeton-Glendale Rd., West Chester, (513) 942-7800. A downtown institution famous for its corned beef. Plus soups, overstuffed sandwiches, including meatloaf, beef tongue and peppered beef, half or whole. Plus light and healthy items. From \$2.25. All-you-can-eat salad Mon–Fri (Main location only). Lunch & dinner Mon–Sat. MCC.

J. ALEXANDER'S, 2629 Edmondson Rd., Norwood, (513) 531-7495. Contemporary American food in Craftsman-style dining room. Specialties include smoked salmon dip, prime rib, hickory grilled steaks and seafood, \$9–\$25. Full bar, wine list. Lunch & dinner seven days. MCC, DC, DS.

JIMMY JOHN'S GOURMET SANDWICHES, 335 Calhoun St., Clifton Heights, (513) 751-9555; 5071 Deerfield Ave., Mason, (513) 770-4180. Genoa salami, capicola ham plus the usual sub sandwich fixings, \$4.25–\$7.25. Lunch & dinner seven days. MCC.

MAIN STREET CAFE, 6903 Main St., Newtown, (513) 272-2030. Friendly neighborhood café offers burgers, chili, soups, salads. \$3.25-\$9. Full bar. Lunch & dinner Mon-Sat. MCC.

MR. GENE'S DOGHOUSE, 3703 Beekman Ave., South Cumminsville, (513) 541-7636. Hot dogs, metts, coney, wings, and soft serve for cones, malts and shakes. Up to \$6.49. Open Feb-Dec for lunch & dinner Mon-Sat. MCC. ★

NATIONAL EXEMPLAR, in the Mariemont Inn, 6880 Wooster Pk., Mariemont, (513) 271-2103. Great breakfasts: oversized omelettes and pancakes. Steaks, fresh seafood and pastas for dinner. \$8-\$27. Children's menu. Two full bars. Reservations accepted for dinner. Breakfast, lunch & dinner seven days. MCC.

ONE, 202 W. Main St., Mason, (513) 336-0042. Redefined modern American cuisine featuring fish, pasta, and steak. \$5.50-\$29.50. Carryout. Reservations accepted. Lunch Wed-Fri, dinner Tues-Sat. MCC, DS.

ORCHIDS AT PALM COURT, at the Hilton Cincinnati Netherland Plaza, 35 W. Fifth St., downtown, (513) 421-9100. Globally influenced modern American cuisine in an elegant French Art Deco setting. Menu changes seasonally. Complimentary valet parking. Reservations accepted. Dinner Tues-Sat. MCC, DS, DC. ★

THE ORIGINAL PANCAKE HOUSE, 9977 Montgomery Rd., Montgomery, (513) 745-0555; 9403 Civic Centre Blvd., West Chester, (513) 759-4300. Worth the wait for the wonderful oven-baked specialties, including apple pancakes, "Dutch Baby" German pancakes and omelettes, waffles, crepes. \$4-\$8. Children's menu. Breakfast seven days, lunch Mon-Fri. MC, V, DC, DS.

THE PALACE, at the Cincinnati Hotel, 601 Vine St., downtown, (513) 381-6006. Elegant dining, \$28-\$43.95. Valet parking. String music Mon-Thur, jazz trio Fri & Sat. Full bar. Reservations recommended. Breakfast seven days, lunch Mon-Fri, dinner Mon-Sat. MCC, DS, DC. ★

PALOMINO RESTAURANT, ROTISSERIE & BAR, Fountain Place, 505 Vine St., downtown, (513) 381-1300. Casually upscale setting with a view of Fountain Square. Regional American cuisine inspired by rustic European, also oven-roasted and white-oak grilled prawns, artichoke salmon and certified Angus beef. Lunch from \$9-\$24, dinner \$10-\$40. Children's menu. Full bar. Wine list. Reservations recommended. Lunch Mon-Sat, dinner seven days. MCC, DC, DS.

PORKOPOLIS, 1077 Celestial St., Mt. Adams, (513) 721-5456. Formerly Rookwood Pottery Restaurant, this restaurant features everything from gourmet burgers and steaks to pork chops and pork ribs, \$7.95-\$29.95. Full bar. Breakfast, lunch & dinner seven days. MCC, DS.

THE RESTAURANT AT THE PHOENIX, 812 Race St., downtown, (513) 721-8901. Creative cuisine in a beautifully restored landmark. Top-ranked in the Zagat Survey. Valet parking. Full bar. Reservations suggested. Dinner Wed-Sat. MCC, DS.

THE RESTAURANTS AT PALM COURT, at Hilton Cincinnati Netherland Plaza, 35 W. Fifth St., downtown, (513) 421-9100. Featuring American fare in a casual setting. The Bar at Palm Court features a full bar with an extensive wine



fine dining

Here's the Beef

Welcome to anti-bohemia. Northside is immersed in its "let's be the new Mt. Adams" phase, but the **BLUE JAY RESTAURANT** remains steadfast with its '60s paneling and menu selection. And the prices? They aren't a-changin'.

This is where the old Northsiders hang out for breakfast and lunch. They all say hi to you, as long as you don't dress like a conceptual artist. They're here for the comfort food. The proof's in the fact that you can pronounce everything on the menu: omelettes and big plates of French toast, double-deckers and shrimp baskets, pies (regular and cream). And the quirky specialty of the house—there's one at every dive—is a double-decker sandwich made of bacon and hard-boiled eggs. It's a potential protein coma.

Remember open-faced roast beef sandwiches and mashed potatoes suffocating in hot gravy? They live here. Of course, most of the neighborhood's vegan population is appalled. The Blue Jay has capitulated with a veggie burger on the menu for the occasional table-full of Goths, who stroll in when money's too tight for \$10-sandwich places elsewhere. But I think the veggie burger is really for amusement. The retirees seem to delight in slowly eating a plate heaped with sliced beef to the horror of an onlooker with pink hair and a chain stapled to his cheek. Shocking, isn't it? And the real irony is that the seats are vintage green Naugahyde and the vegans are wearing real leather. Go figure. —KEVIN WELSH

FYI 4154 Hamilton Ave., Northside, (513) 541-0847. Open Mon-Sat 8 am-3 pm. Price range: \$3-\$6.

list. Valet parking. Piano music Fri & Sat, jazz trio Fri & Sat. Reservations suggested. Breakfast Mon-Sat, lunch Mon-Sat, dinner seven days, brunch Sun. MCC.

SLATTS PUB, 4858 Cooper Rd., Blue Ash, (513) 791-2223. Pastas, hand-cut steaks, fresh fish \$8-\$20. Sandwiches, stews, pasta for lunch. \$7-\$10. Outdoor dining. Full bar. Martini Club: from Cosmopolitan to Cuban. Lunch Mon-Sat, dinner seven days. MCC, DS, DC.

SPEAKEASY, 2325 Anderson Rd., Crescent Springs, (859) 341-4977. Strip steak, charbroiled chicken, fish, pasta and great burgers. \$7-\$13. Dinner seven days. MCC, DS. ★

STURKEY'S, 400 Wyoming Ave., Wyoming, (513) 821-9200. Contemporary upscale & eclectic restaurant features grilled salmon with leek and watercress, \$7-\$32. Children's menu, full bar, catering. Reservations recommended. Dinner Tues-Sat. MCC, DC, DS. ★

SYMPHONY HOTEL, 210 W. 14th St., Over-the-Rhine, (513) 721-3353. Housed in the 1871 Ehrgott mansion. Offers five-course dinners for Symphony, Opera and Pops performances \$38, seatings from 5:45. MCC.

THROUGH THE GARDEN, 10738 Kenwood Rd., Blue Ash, (513) 791-2199. Pasta, grilled seafood, burgers, stir-fries, New York strip, \$6-\$20. Full bar. Lunch Mon-Fri, dinner Tues-Sat. MCC.

TINK'S CAFÉ, 3410 Telford Ave., Clifton, (513) 961-6500. Sophisticated Southern cuisine, \$14-\$25. Full bar. Lunch Mon-Fri, dinner seven days. MCC. ★

TRIO, 7565 Kenwood Rd., Kenwood, (513) 984-1905. Serves California-style pizzas and pastas, salads, sandwiches, and entrées. \$9-\$36.95. Children's menu. More than 200 wines. Full bar. Reservations suggested. Lunch & dinner seven days. MCC, DS, DC.

THE VINEYARD CAFÉ & WINE ROOM, 2653 Erie Ave., Hyde Park, (513) 871-6167. Ken David's cafe features light, creative American dishes with Mediterranean and Asian accents. \$8-\$25. Full bar and wine room features extensive wine list. Lunch & dinner seven days. MCC.

VINKLET WINERY, 11069 Colerain Ave., Colerain Twp., (513) 385-9309. Dine overlooking the vineyard. Dinner à la carte Tues-Thurs, grill-out Fri-Sun (\$32-\$33). Reservations recommended. MCC. ★

VINYL, 1203 Sycamore St., downtown, (513) 898-1536. A sleekly designed, "groovy" restaurant serving modern American cuisine within a cutting-edge musical atmosphere. Entrées are designed for sharing, and include gourmet mini burgers and the Vinyl TV Dinner, \$6-\$21. Live DJ Mon-Sat, full bar, wide range of specialty cocktails. Reservations recommended. Lunch Mon-Fri, dinner Mon-Sat (kitchen open until 4 am Fri & Sat), brunch Sun. MCC.

WARNER'S, 15 N. Ft. Thomas Ave., Ft. Thomas, (859) 442-4400. This cozy restaurant serves home-style favorites including eggplant Parmigiana, \$5-\$23. Full bar. Children's menu. Lunch & dinner Tues-Sun. MCC.

WASHINGTON PLATFORM SALOON AND RESTAURANT, 1000 Elm St., downtown, (513) 421-0110. All-American food in turn-of-the-century saloon. Potato leek soup, apricot ginger chops,

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pasta and apple nut chicken. \$12-\$21. Full bar. Lunch & dinner Mon-Sat. MCC, DC, DS.

WILD MIKE'S, 4498 Harrison Ave., Bridgetown, (513) 598-1616; 5043 Delhi Pk., Delhi, (513) 451-9464; 7587 Bridgetown Rd., Bridgetown, (513) 467-9464. Hot chicken wings, burgers, salads, grilled chicken and more at this west side favorite. Lunch & dinner seven days. MCC, DS.

YORK STREET INTERNATIONAL CAFE, 738 York St., Newport, (859) 261-9675. Owners Terry and Betsy Cunningham serve steaks, seafood, ethnic and vegetarian specialties, \$9-\$25. Large garden patio. Live music Thurs-Sun. Comedy Wed. Full bar. Lunch Tues-Sat, dinner Tues-Sun. MCC, DS, DC.

ZEBO'S BISTRO, in the Cincinnati Marriott Rivercenter, 10 W. Rivercenter Blvd., Covington, (859) 392-3750. Overlooks the river, features regional American cuisine, including New York strip, six kinds of seafood, and osso buco. \$14-\$34. Full bar. Breakfast, lunch & dinner seven days. MCC, DS.

ZOLA PUB & GRILL, 626 Main St., Covington, (859) 261-7510. Above-average pub grub includes some of the area's best burgers, \$5-\$8. Full bar. Lunch & dinner seven days. V, MC, ★

barbecue

BBQ REVUE, 4725 Madison Rd., Madisonville, (513) 871-3500. Authentic atmosphere makes takeout a shame in this neighborhood staple. Smoked ribs and whole chickens, pork loin and brisket. \$4-\$16. Full bar. Lunch & dinner Tues-Sun. MCC, DS.

BOSTON BUTZ PIT BBQ, 3754 Hamilton Claves Rd., Ross, (513) 738-3111. Authentic Memphian-style pulled pork pit barbecue, hickory-smoked baby back ribs, chicken, and beef brisket. Smoked turkeys and saffraas smoked glazed hams, plus a variety of homemade sides, \$4.50-\$19. Reservations for six or more. Lunch & dinner seven days. MCC, DS.

FAMOUS DAVE'S BBQ, 4931 Houston Rd., Florence, (859) 647-7788; 12183 Springfield Pk., Springfield, (513) 671-7427. American BBQ joint. \$10-\$14. Full bar. Outdoor dining and private party room at Springfield location. Lunch & dinner seven days. MCC, DS.

GOODIES BARBECUE RESTAURANT, 5841 Hamilton Ave., College Hill, (513) 542-4663. Finger lickin' ribs served with collard greens, potato salad and cole slaw. Plus chicken wings and sandwiches. \$2-\$20. Lunch & dinner Mon-Sat. MCC, ★

KT'S BARBECUE & DELI, 8501 Reading Rd., Reading, (513) 761-0200. Award-winning barbecue joint features a smokin' boneless rib meat sandwich. Lunch Tues-Fri, dinner Tues-Sun. MC, V.

MONTGOMERY INN, 400 Buttermilk Pk., Ft. Mitchell, (859) 344-5333; 9440 Montgomery Rd., Montgomery, (513) 791-3482. Famous for barbecued choice pork loin-backs, with Montgomery Inn sauce, plus chicken, New York sirloin, pork chops, \$6.95-\$40. Carryout. Lunch Mon-Fri, dinner seven days. MCC, DS.

PIT TO PLATE, 1527 Compton Rd., Mt. Healthy, (513) 931-9100. Authentic Texas hickory-

smoked barbecue. Beef brisket, ribs, fish and chicken. Traditional sides and homemade desserts, \$4.95-\$18.95. Lunch & dinner seven days. MCC.

WALT'S HITCHING POST, 3300 Madison Pike, Ft. Wright, (859) 331-0494. Classic barbecue, smoked ribs, fried chicken and salmon, \$11-\$21. Dinner seven days until midnight. MCC.

cajun/caribbean

ALLYN'S, 3538 Columbia Pkwy., Columbia-Tusculum, (513) 871-5779. Fun, funky. Features Cajun, Mexican, seafood and steaks. \$5-\$19. Shop with more than 250 wines & 120 beers. Live music four nights. Bar till midnight, Sun till 2. Lunch & dinner seven days. MCC, DS.

BAHAMA BREEZE, 325 N. Commerce Way, Springdale, (513) 671-1488. Caribbean-themed spot offers entrées such as jerk chicken pasta, seared fresh ahi tuna, \$11-\$20. Children's menu. Full bar. Live music Thurs-Sat. Lunch & dinner seven days. MCC, DS, DC.

DEE FELICE CAFE, 529 Main St., Covington, (859) 261-2365. New Orleans Cajun cuisine as well as steaks, pastas, seafood. \$8.95-\$39. Live music Wed-Sun. Full bar. Reservations suggested. Dinner seven days, brunch Sun. MCC, DS, DC.

KNOTTY PINE ON THE BAYOU, 6720 Licking Pk., Cold Spring, (859) 781-2200. Specializes in Cajun foods, such as blackened chicken, halibut and steaks, frog legs, oysters, shrimp and lobster. \$10-\$22. Children's menu. Full bar. Reservations suggested. Dinner Tues-Sun. MC, V, ★

celtic

BRAZENHEAD IRISH PUB, 5650 Tylersville Rd., Mason, (513) 229-0809. Pub grub including burgers, soups, salads and fish and chips, \$8-\$14. Full bar. Outdoor dining. Carryout. Lunch & dinner seven days. MCC, DS.

THE CLADDAH IRISH PUB, 1 Levee Way, Newport, (859) 581-8888; in the Deerfield Towne Center, 5075 Deerfield Blvd., Mason, (513) 770-0999. Traditional Irish fare including fish and chips, shepherd's pie and Guinness Irish stew. \$7-\$24. Patio dining with a great view of Cincinnati and the Ohio River in Newport. Two full bars. Lunch & dinner seven days. MCC, DS, DC.

NICHOLSON'S TAVERN & PUB, 625 Walnut St., downtown, (513) 564-9111. Scottish-themed restaurant offers shepherd's pie, roisier-roasted chicken, Atlantic salmon with kedgeree risotto, \$4.95-\$32.95. Children's menu. Outdoor dining. Plenty of beers and single-malt scotches. Full bar. Lunch Mon-Sat, dinner seven days. MCC, DS.

chinese

BLUE GIBBON CHINESE RESTAURANT, 1231 Tennessee Ave., Paddock Hills, (513) 641-4100. Mostly Cantonese and Szechuan; dinner from \$7. Full bar. Reservations for six or more. Lunch Mon-Sat, dinner seven days. MCC, DS, DC.

CHINA GOURMET, 3340 Erie Ave., Hyde Park, (513) 871-6612. Award-winning Cantonese and Szechuan specialties in contemporary decor. Trout in black bean & garlic sauce,

Szechuan string beans and hot/sour soup, \$6-\$28. Full bar. Reservations suggested. Lunch Mon-Fri, dinner Mon-Sat. MCC, DS, DC, H

DOODLES, 3443 Edwards Rd., Hyde Park, (513) 871-7388. Oodles of noodles and dumplings, including leek pot stickers, seafood noodle bowl, noodles tossed with shrimp, and scallion pancakes, \$5-\$16. Lunch & dinner Mon-Sat. MCC.

GRAND ORIENTAL, 4800 Fields Ertel Rd., Deerfield Twp., (513) 677-3388. Popular with families. Serves Cantonese, Hunan and Szechuan. \$7.75-\$18.50. Children's menu. Full bar. Dim sum Sat & Sun 10-2:30. Lunch Mon-Fri, dinner seven days. MCC, DS, DC.

JOHNNY CHAN, 211296 Montgomery Rd., Symmes Twp., (513) 489-2388. Szechuan, Hunan and Cantonese cuisine. \$6.95-\$26.95. Lunch buffet, sushi bar, banquet menu. Full bar. Lunch & dinner seven days. MCC, DS, DC.

LU LU'S NOODLES, 135 W. Kemper Rd., Springfield, (513) 671-4949. Specializes in Asian noodles: from Hong Kong to Vietnamese. \$4.25-\$8.95. Lunch & dinner Mon-Sat. Cash or checks.

MOY MOY'S, 7977 Montgomery Rd., Montgomery, (513) 792-9779. Kim Moy offers stir-fries, low-fat entrées, vegetarian items and daily lunch specials. \$5-\$11. Lunch & dinner Mon-Sat. MCC.

P.F. CHANG'S CHINA BISTRO, 2633 Edmondson Rd., Norwood, (513) 531-4567; 9433 Civic Center Blvd., West Chester, (513) 779-5555. Upscale yet casual Chinese. Entrées include garlic noodles, orange peel shrimp, Szechuan chicken chow fun and mongolian beef. \$7-\$18. Full bar. Lunch & dinner seven days. MCC, DS, DC.

PACIFIC MOON, 1 Levee Way, Suite 2125, Newport, (859) 261-6666. A Pacific rim restaurant featuring a downsized but upgraded menu since moving to Newport, including five-piece baby octopus appetizer, gai lan beef plate, a sushi bar, and numerous vegetarian options, \$12-\$22. Full bar, late-night menu until 2:30 am seven days a week, live DJ on weekends. Reservations accepted. Lunch & dinner seven days. MCC, DS.

SHANGHAI MAMA'S, 216 E. Sixth St., downtown, (513) 241-7777. 1920s style noodle shop is open for late night dining until 3 am, Fri & Sat. Noodle bowls, rice bowls, Shanghai flatbread, \$5-\$10. Full bar. Lunch Mon-Fri, dinner Mon-Sat. MCC, ★

UNCLE YIP'S SEAFOOD RESTAURANT, 7275-A Dixie Hwy., Fairfield, (513) 942-6512. Contemporary Asian cuisine. Lobster, steak, poached salmon and chicken, \$9-\$21. Full bar. Reservations accepted. Lunch & dinner, closed Wed. MCC.

eclectic

AQUA RESTAURANT, 1020 Delta Ave., Mt. Lookout, (513) 919-AQUA. Chefs Han Lin and Stefan Kraus offer an eclectic French-American menu with a Japanese flair focusing on fresh fish and a cutting edge sushi menu infused with Mediterranean flavors and styles. Menu changes weekly, \$16-\$28. Full bar, bold wine list. Selection of dining experiences including a traditional Japanese tatami room. Reservations accepted. Dinner Mon-Sat. MCC.

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Patricia Grodecki, MD, FACC

Board Certified in Cardiology. She is a clinical Asst. Professor at OSU Medical Center, and is also Director of Women's Cardiac Services at St. Elizabeth Medical Center. Her focus is education, research and the diagnosis and treatment of Heart Disease in Women. She is one of two physicians at Cardiology Associates with specialized training in Cardiac CT scans. She recently finished writing a book on the topic with 3 other recognized experts in the field. She also treats cholesterol and other lipid abnormalities.



John Holmes, MD, FACC

Board Certified in Cardiology, founded cardiac services at St. Elizabeth Medical Center. He was previously Professor of Medicine at the University of Cincinnati, and the Director of the Cardiac Catheterization Laboratory at University Hospital. He specializes in device treatment for abnormal heart rhythms, and implants more than 350 pacemakers and defibrillators each year. He has been practicing Cardiology for more than 40 years. Quarterly newsletter number: (859) 426-3991.



Stephen Boyer, MD, FACC

Board Certified in Cardiology and Interventional Cardiology, serves as Director of the Cardiac Catheterization Laboratory at St. Elizabeth Medical Center. He was responsible for ensuring that patients having heart attacks ("door to balloon time") were treated in under 75 minutes. He underwent specialized training at OSU Medical Center and at the Christ Hospital for angioplasty and stenting of the heart as well as blood vessels in the kidneys and legs. He performs more than 200 of these procedures on the legs each year.



Mark Jordan, MD

Board Certified in Cardiology and Interventional Cardiology, serves on committees to enhance the quality of cardiac care at St. Elizabeth Medical Center. He underwent specialized training at Beth Israel-Deaconess Medical Center in Boston, MA for angioplasty and stenting of the heart as well as blood vessels of the legs, kidneys, and brain. He placed the first carotid stent at St. Elizabeth Medical Center. He performs more than 250 coronary interventional procedures, and more than 200 vascular procedures each year.



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BEEHIVE TAVERN, 101 W. Riverside Dr., Augusta, (606) 756-2202. Eclectic menu with an emphasis on Caribbean and Spanish dishes in a 200-year-old house overlooking the Ohio River \$11.50-\$24. Children half price for regular menu. Reservations suggested. Lunch Wed-Sat, dinner Wed-Sun. MCC, DS, DC.

BOCA, 3200 Madison Rd., Oakley, (513) 542-2022. Two dining rooms with different experiences: the Trattoria offers an à la carte menu for under \$20 and the formal dining room has options from the prix fixe or a seven-course grand tasting menu for \$95 (\$145 with wine). Full bar. Extensive wine list. Prix Fixe/Grand Tasting dining room by reservation only, reservations recommended for Trattoria. Dinner Tues-Sat. MCC. ★

THE BONBONNERIE, 2030 Madison Rd., O'Bryonville, (513) 321-3399. Tea room. Serves scones, light lunch of soups and sandwiches (runa, vegetarian on focaccia). Afternoon tea. Lunch Mon-Sat. MC, V.

BRONTË BISTRO, inside Joseph-Beth Booksellers, 2692 Madison Rd., Norwood, (513) 396-8966. Offers pastas, unique salads, sandwiches and soups, vegetarian items, daily baked goods, \$7-\$17, plus desserts and an espresso/wine bar and beer. Children's menu. Breakfast, lunch & dinner Mon-Sat, brunch and dinner Sun. MCC, DS.

Café DE PARIS, 17 Garfield Pl., downtown, (513) 651-1919; 3514 Erie Ave., Hyde Park, (513) 533-0025. Intimate spot for fresh salads, croissant sandwiches, soups, from \$4.50. Daily spe-

cial. Breakfast & lunch Mon-Sat (downtown), breakfast, lunch, & dinner Mon-Sat (Hyde Park). MCC, DS.

THE CELESTIAL STEAKHOUSE, 1071 Celestial St., Mt. Adams, (513) 241-4455. Offers menu of eclectic dishes like fresh seafood, steaks, as well as a raw bar. Jazz in Incline Lounge Fri & Sat. Entrées \$18-\$48. Full bar. Extensive wine list. Valet parking. Reservations suggested. Dinner seven days. MCC, DS, DC. ★

CHEZ NORA, 530 Main St., Covington, (859) 491-8027. In a turn-of-the-century building. Pasta, seafood and salads, dinner specials. \$6-\$25. Full bar. Third floor jazz club and rooftop terrace, live music Wed-Sun. Reservations accepted. Lunch & dinner seven days. MCC, DS, DC.

COLLEGE HILL COFFEE CO. AND CASUAL GOURMET, 6128 Hamilton Ave., College Hill, (513) 542-2739. Full espresso and coffee bar with an extensive menu, including hummus plate and guacamole starters, signature soups and salads, five-bean chili, grilled sandwiches, and homemade desserts. \$3-\$9. Large selection of international teas. Unique gift items. Live music every Sat. Breakfast, lunch, & dinner Tues-Sun. MCC.

FRESH, 36 E. Fourth St., downtown, (513) 421-1020. A made-to-order breakfast and lunch spot featuring sandwiches and salads made with all-natural and organic meats, cheeses and vegetables, \$5.48-\$7.98. Breakfast & lunch Mon-Fri. MCC, DS.

GAJAH WONG WEST, 3937 Spring Grove Ave., Northside, (513) 591-3935. Indonesian cuisine including soto ayam, adan chicken and specialty drinks, \$13-\$20. Specialty cocktails. Carryout. Dinner Wed-Sat. MC, V.

HABITS CAFÉ, 3036 Madison Rd., Oakley, (513) 631-8367. Pub setting. Full menu includes chicken wings, ostrich, salads, and their famous potato rags, \$6-\$10. Daily specials. Full bar. Reservations accepted. Lunch & dinner seven days. MC, V.

THE HIDEAWAY, 4163 Hamilton Ave., Northside, (513) 542-2444. Formerly known as Potluck, The Hideaway serves gourmet cuisine like Brie en crute with pear chutney, wild mushroom risotto cake, beef briskets, and pan seared salmon with spinach fennel cream sauce, \$3-\$16.50. Catering, carryout, vegetarian & vegan options available. Dinner Tue-Sat. V, MC. ★

HONEY, 4034 Hamilton Ave., Northside, (513) 541-4300. Eclectic menu includes homemade creole meatloaf and lime and green tea & vanilla-bean crème caramel, \$10-\$25. Lunch & dinner Tues-Sat. MC, V. ★

INDIGO CASUAL GOURMET CAFE, 2637 Erie Ave., Hyde Park, (513) 321-9952; 2053 Dixie Hwy., Fr. Mitchell, (859) 331-4339. Popular for innovative pizzas, pastas, salads, vegetarian entrées. \$6-\$22. Outdoor dining in warm weather. Lunch & dinner seven days. MCC, DS, DC.

INGREDIENTS, in the Westin Hotel, 21 E. Fifth St., downtown, (513) 852-2740. A gourmet grab-

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and-go restaurant that offers a variety of freshly made breakfast and lunch selections. Breakfast items include paninis and calzones. Lunch items include customized salads, brick oven pizzas, and gelato, \$4-\$8. Largest salad station in downtown, with more than 50 ingredients. Free WiFi. Breakfast and lunch seven days. MCC, DS.

JEAN PAUL'S PARADISO, 6732 Clough Pke., Anderson Twp., (513) 231-2780. Excellent homemade carryout includes pizzas, sandwiches, pastas, soups and salads. \$5-\$11. Indoor dining limited. Lunch & dinner Mon-Sat. MCC.

JEAN-ROBERT'S PHO PARIS, 318 Greenup St., Covington, (859) 643-1234. Unique blend of French and Vietnamese cuisine: Vietnamese crepe, rabbit, five-spiced salmon, curried chocolate banana cake, \$7-\$12. Full bar, extensive wine list. Reservations recommended. Lunch Mon-Fri, dinner seven days. MCC, DS. ★

KALDI'S, 1204 Main St., Over-the-Rhine, (513) 241-3070. Features sandwiches, salads, light entrées, specialty coffees and desserts. \$6-\$7.99. Live music. Full bar. Lunch & dinner Mon-Sat. MCC.

KONA BISTRO, 3012 Madison Rd., Oakley, (513) 842-5662. Smashed salmon salad, Indian-style stuffed burrito, flavored rib eye steak over black beans and rice. Also features a number of vegetarian items, \$7.50-\$18. Carryout, children's menu, full bar, wine list, private room available. Reservations for large parties. Lunch & dinner seven days. MCC.

MELT, 4165 Hamilton Ave., Northside, (513) 681-6358. Sandwiches, soups and salads including many vegetarian options, \$4-\$8. Carryout, children's menu. Lunch & dinner Mon-Sat. MCC, DS.

MOKKA, 527 York St., Newport, (859) 581-3700. Small cafe featuring french toast, frittatas, homemade soup, sandwiches and salads. Sun room and courtyard weather permitting. Breakfast & lunch seven days. MC, V.

MYRA'S DIONYSUS, 121 Calhoun St., Clifton, (513) 961-1578. International menu includes Middle Eastern, Indonesian, and Cuban specialties with plenty of vegetarian options, \$3-\$7.50. Vegetarian dishes. Eight fresh soups daily. Tables outside during warm weather. Beer & wine. Lunch Mon-Sat, dinner seven days. MC, V.

NECTAR, 1000 Delta Ave., Mt. Lookout, (513) 929-0525. Aioli chef/owner Julie Francis's restaurant offers contemporary, seasonal cuisine using local and organic products with a French/Mediterranean flair, \$7-\$24. Full bar. Reservations recommended. Dinner Tues-Sat, brunch Sun. MCC. ★

THE QUARTER BISTRO, 6904 Wooster Pke., Mariemont, (513) 271-5400. Creative American cuisine such as tuna and smoked scallop "martini" appetizer and other specialties including fresh seafood, steaks and pasta \$8-\$32. Outdoor dining. Full bar. Reservations accepted. Dinner seven days. MCC, DS. ★

ROCK BOTTOM RESTAURANT & BREWERY, 10 Fountain Square, downtown, (513) 621-1588. Eclectic menu features brown ale chicken, pastas, pizzas. \$9-\$19. Children's menu. Full bar features handcrafted ales. Reservations accepted. Lunch & dinner seven days. MCC, DS.

RONDO'S, 3234 Harrison Ave., Westwood, (513) 662-3222. Locally grown ingredients and "current classics" at this west side bistro from Chef Ron Wise. Eggplant parmesan, chicken Marsala and bread pudding. \$13-\$22. Reservations accepted. Dinner Tues-Sat. MCC. ★

SALT OF THE EARTH, 4760 Red Bank Expy., Madisonville, (513) 272-3650. Gourmet cooking supply store also cooks up sandwiches and a variety of vegetarian entrées. Most carryout entrées priced by weight, \$5-\$10. Dine in or carryout, catering. Mon-Fri 9 am-6 pm, Sat 10 am-3 pm. MCC.

SLIMS, 4046 Hamilton Ave., Northside, (513) 681-6500. Art gallery cum restaurant serves eclectic dishes using the freshest of ingredients. Three-course prix fixe menu, \$32. Dine in or carryout. Dinner Thu-Sun, brunch Sun. Puerto Rican-style lechon asado Sun 11-3 (includes roast pork, rice, beans, etc., \$13). MC, V. ★

TELLER'S OF HYDE PARK, 2710 Erie Ave., Hyde Park, (513) 321-4721. Eclectic menu, including tapas, pastas, Pacific Rim and Mediterranean dishes, sandwiches, \$9-\$30. Children's menu. Outdoor dining. Full bar includes extensive wine

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list plus 100 beers (30 on tap). Lunch & dinner seven days, brunch Sat & Sun. MCC.

UNIVERSAL GRILLE, 909 Vine St., downtown, (513) 381-6279. Formerly Hamburger Mary's, but still flamboyant, with hot-pink walls and posters of Joan Crawford. New menu serves hamburgers, sandwiches and salads, \$5.25-\$10.95. Full bar. Reservations accepted. Lunch & dinner seven days, brunch Sun. MCC, DS.

VITOR'S BISTRO, 3156 Harrison Ave., Westwood, (513) 481-5333. French toast and crepes; roasted red pepper lobster wrap and three daily soups; fine dining on weekends. Breakfast & lunch under \$10, dinner \$16-\$25. Fri & Sat wine corking \$5. Reservations Wed-Sat only. Breakfast & lunch Tues-Sun, dinner Wed-Sat. MCC.

WILD OATS NATURAL MARKETPLACE, 2693 Edmondson Rd., Norwood, (513) 531-8015; 5805 Deerfield Blvd., Deerfield Twp., (513) 398-9358. A market and eatery offering deli meats, salads, wraps, sandwiches, sushi, pizza, \$5-\$13. Also offers desserts, muffins and a juice & java bar. Seven days. MCC, DS. ★

french

CHATEAU POMJIE WINERY & BANQUET FACILITY, 25043 Jacobs Rd., Guilford, (800) 791-9463. Dine in an 18th-century chateau surrounded by 75 acres of vines. Stuffed portobello mushroom, homemade barbecue, pork tenderloin, fresh fish, \$14-\$21. Full bar, new sports bar. Reservations suggested. Lunch on weekends, dinner Wed-Sun. MCC, V, DS.

JEANRO, 413 Vine St., downtown, (513) 621-1465. Casual bistro from Jean-Robert de Cavel. French classics accompanied by daily specials, soups, salads and sandwiches. Lunch \$9-\$20, dinner \$16-\$31. Reservations recommended. Lunch Mon-Sat, dinner seven days. MCC, DS, DC. ★

JEAN-ROBERT AT PIGALL'S, 127 W. Fourth St., downtown, (513) 721-1345. French-American cuisine in a modern Parisian setting. Three course prix fixe menu, \$74. Five-course menu gourmand, \$134 or \$97 (no wine). Free valet parking. Businesslike attire recommended. Reservations required. Lunch Thurs & Fri, dinner Tues-Sat. MCC. ★

JEAN-ROBERT'S GREENUP CAFÉ, 308 Greenup St., Covington, (859) 261-FOOD. Jean-Robert's traditional French café features a charcuterie, lettuce and tomato sandwich (cst), roasted chicken with lemon and rosemary sauce, and a french croissant perdue with cinnamon and honey served with sautéed seasonal veggies, \$6.50-\$15.50. Outdoor dining in the garden; wine, champagne, and beer list. Lunch Mon-Fri, dinner Tues-Sat, brunch Sat & Sun, coffee and pastries seven days. MCC, DC, DS.

LA PETITE FRANCE, 3177 Glendale-Milford Rd., Evendale, (513) 733-8383. Bistro serves veal sweetbreads in puff pastry and filet mignon with more sauce. \$17-\$26. Full bar. Lunch Mon-Sat, dinner Mon-Sat. MCC.

german/hungarian

HOFBRAUHAUS, 200 E. Third St., Newport, (859) 491-7200. First American location for the legendary Munich beer hall. Bavarian cuisine, music, and an outdoor beer garden, all awash

in kegs of brew. Children's menu. Reservations accepted except Fri & Sat after 4 pm. Lunch & dinner seven days. MCC, DS.

THE IRON SKILLET, 6900 Valley Ave., Newtown, (513) 561-6776. Friendly neighborhood spot features Hungarian specialties: schnitzel, sauerbraten, veal cordon bleu, cabbage rolls. Lunch \$3.50-\$10, dinner \$10-\$24. Reservations for five or more. Lunch Tues-Sat, dinner Tues-Sun. DS, MC, V.

MECKLENBURG GARDENS, 302 E. University Ave., Coryville, (513) 221-5353. Serving German specialties: schnitzels, sausages, pastas, beer cheese. Plus the famous coffee-toffee black-bottom pecan pie, \$6.50-\$24. Full bar features beer garden. Live entertainment Wed (German night). Reservations accepted. Lunch Mon-Fri, dinner Mon-Sat. MCC, DS.

greek/mediterranean

ANDY'S MEDITERRANEAN GRILLE, 906 Nassau St., Walnut Hills, (513) 281-9791. Lebanese and other Middle Eastern cuisine like kibbeh, tabbouleh and falafels, shish and lamb kebabs, \$12-\$22. Full bar, Lebanese wines and beers. Belly dancing Fri and Sat. Weekend reservations recommended. Lunch & dinner Mon-Sat. MCC.

CAFÉ ISTANBUL, 1 Levee Way, Newport, (859) 581-1777. The apex of Mediterranean cuisine in an upscale setting. Seafood, lamb shank, pistachio-encrusted filet mignon, \$13-\$21. Lunch & dinner seven days. MCC.

FLOYD'S, 127 Calhoun St., Mt. Auburn, (513) 221-2434. Owners Emile and Reine Salt offer Mediterranean dishes: dolmas, falafel, hummus and tabbouleh. Try the award-winning spit-roasted chicken marinated in Mediterranean spices, \$6-\$13. Lunch Tues-Fri, dinner Tues-Sat. MCC. ★

THE GOURMET ON BROADWAY, 32 N. Broadway, Lebanon, (513) 933-8377. Small, friendly spot serves entrées, salads, pita sandwiches, homemade desserts and soups with Mediterranean touches. Organic gourmet coffees and teas. Espresso bar, \$3.75-\$21. Wine and wine tastings. Lunch Tues-Sat, dinner Thurs-Sat. MC, V.

MEJANA, 25 W. Sixth St., downtown, (513) 333-0660. Authentic Mediterranean/Middle Eastern cuisine includes lamb, chicken, vegetarian and seafood dishes, such as shish kebabs, chicken shawarma and falafel, \$6.25-\$28. Lunch buffet. During nice weather, hookahs are available for smoking outside. Lunch & dinner seven days. MCC, DS, DC.

MIRAGE, at Harper's Station, 11379 Montgomery Rd., Symmes Twp., (513) 469-0089. Mediterranean menu with a heavy Greek influence including the kebabs with chicken or lamb. Offers a variety of vegetarian options. Under \$10. Carryout, Catering, Reservations. Lunch & dinner Sun, Tues-Sat, V, MC. ★

ROMBES RESTAURANT, 10375 Kenwood Rd., Blue Ash, (513) 891-4170 or (513) 793-6368 for a list of daily specials. American and Greek dishes. Gyros, Greek salads, burgers, soups and sandwiches. \$3.75-\$7.75, plus daily specials. Breakfast & lunch Mon-Sat. DS, MC, V.

SEBASTIAN'S, 5209 Glenway Ave., Price Hill, (513) 471-2100. Serves gyros, spanakopita,

tiropita, special seasoned fries, Greek salads. \$4.25-\$7. Lunch & dinner Mon-Sat. Cash.

home-style

ANCHOR GRILL, 438 Pike St., Covington, (859) 431-9498. Neighborhood hangout. Serves Glier's goetta, chicken, breakfast all day. \$3.50-\$12. Open 24 hours seven days. Cash. ●

CAMP WASHINGTON CHILI, Colerain Ave. & Hopple St., Camp Washington, (513) 541-0061. Classic neighborhood chili parlor serves double-deckers, salads, \$3.50-\$6. Open 24 hours Mon-Sat. Cash.

THE ECHO, 3510 Edwards Rd., Hyde Park, (513) 321-2816. Low-fat and healthy items, plus daily dinner specials, \$2-\$15. Children's menu. Breakfast & lunch seven days, dinner Thurs-Sun. MCC.

GREEN DERBY, 846 York St., Newport, (859) 431-8740. Home-style beef liver, lean pork chop and halibut. Specialty is grilled, baked, fried or blackened seafood, \$8-\$15. Plus Green Derby salad with hot bacon dressing. Desserts made from scratch. Full bar. Reservations suggested. Open at 11 am seven days, breakfast, lunch & dinner Mon-Sat. DS, MC, V.

HATHAWAY'S COFFEE SHOP, Carew Tower Arcade, downtown, (513) 621-1332. A downtown mainstay. Serves breakfast all day, plus lunch entrées, sandwiches, salads, soups, \$3-\$6. Breakfast & lunch Mon-Sat. MCC.

HITCHING POST, 2715 Madison Rd., Hyde Park, (513) 871-9201. Home-style cooking includes "world's best" fried chicken and cult-inspired pies, \$5.25-\$13.95. Breakfast, lunch & dinner Tues-Sun. DS, MC, V.

PROUD ROOSTER RESTAURANT, 345 Ludlow Ave., Clifton, (513) 281-4963; 5709 Glenway Ave., Western Hills, (513) 451-1142. Hole-in-the-wall setting. Offers soups, sandwiches, chicken and roast beef, \$4-\$7. Breakfast & lunch seven days (dinner at Western Hills). Cash.

QUATMAN CAFÉ, 2434 Quatman Ave., Norwood, (513) 731-4370. Cheeseburgers, deli sandwiches, soups, barbecue (Wed only), from \$3.65. Lunch & dinner Mon-Sat. Cash. ★

RASHEEDA'S DELI & CATERING, 3566 Montgomery Rd., Evanston, (513) 531-2999. Soul food including ribs, macaroni and cheese, cold green beans, red beans and rice, \$6-\$8. Lunch & dinner Tues-Sat. MCC. ★

RON'S ROOST, 3853 Race Rd., Bridgetown, (513) 574-0222. Fried chicken, Oktoberfest sauerbraten and hot bacon slaw, plus steaks, chops, and ribs in a cozy neighborhood atmosphere, \$5-\$14. Full bar. Dine in or carryout. No holiday or weekend evening reservations. Breakfast Sun, lunch & dinner seven days. MCC, DS.

THE SCHOOLHOUSE RESTAURANT, 8031 Glendale-Milford Rd., Camp Dennison, (513) 831-5753. Dining room is a classroom, menu chalked on a board. Good and plentiful fried chicken, roast beef, vegetables, salads, desserts. Children under 9 half price. Entrées \$11-\$14. Full bar. Lunch Thurs & Fri, dinner Thurs-Sat, Sun dinner menu only. MCC, DS. ★

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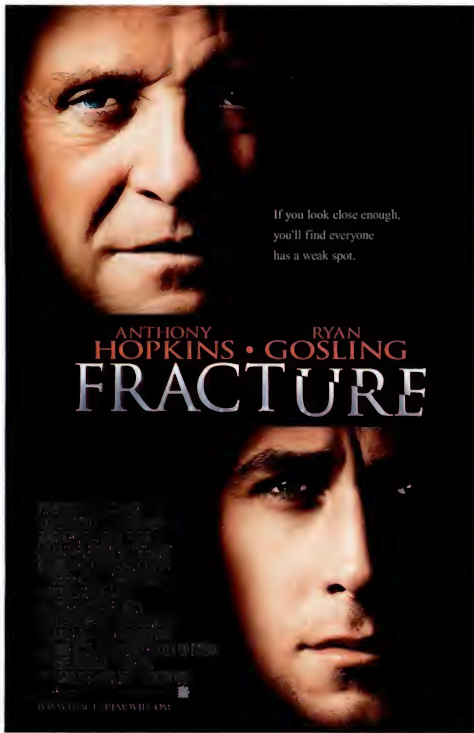
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TUCKER'S, 1637 Vine St., Over-the-Rhine, (513) 721-7123. Plenty of vegetarian choices in this home-style diner, including five kinds of veggie burgers, plus omelets, baked chicken and rice, pork chops, roast beef, fish. \$1.65-\$7.50. Breakfast & lunch Mon-Sat. MC, V.

WHAT'S FOR DINNER, 3009 O'Bryon St., O'Bryonville, (513) 321-4404. Eat in or carry out, this deli serves casseroles, salads, sandwiches and desserts, \$7-\$18. Catering available. Lunch & dinner Mon-Fri, lunch Sat. MCC.

ZIP'S CAFÉ, 1036 Delta Ave., Mt. Lookout, (513) 871-9876. Family place with chili, burgers, fries, chicken sandwiches. Regulars ask for the "Zipburger." \$2.50-\$6.25. Full bar. Lunch & dinner seven days. MCC, DS.

indian

AKASH INDIA, 24 E. Sixth St., downtown, (513) 723-1300. Specializes in Indian cuisine: tandoori chicken, curries and vegetable entrées, \$9-\$13; lunch buffet \$8.95. Lunch buffet with 10 items, \$7.99. Reservations accepted. Lunch & dinner seven days. MCC, DS.

AMBAR INDIA, 350 Ludlow Ave., Clifton, (513) 281-7000. Features Indian cuisine, including chicken tandoori, curried and vegetable entrées, \$7-\$14. Beer & wine. Lunch & dinner seven days. MCC, DS.

ANAND INDIA, 10890 Reading Rd., Sharonville, (513) 554-4040. Northern and Southern Indian cuisine. Lamb, chicken, fish and vegetarian entrées, plus tandoor-oven dishes, \$9-\$13.50. Lunch buffet \$6.99. Reservations for five or more. Lunch & dinner seven days. MCC, DS.

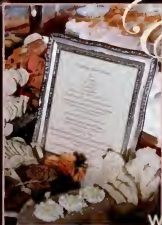
BABA INDIA RESTAURANT, 3120 Madison Rd., Oakley, (513) 321-1600. Same menu as Ambar in Clifton, including chicken tandoori, curried and vegetable entrées, \$8.50-\$15; lunch buffet \$8.50. Beer, wine & liquor, lunch buffet \$8. Lunch & dinner seven days. MCC, DS.

CUMIN, 3520 Erie Ave., Hyde Park, (513) 871-8714. Not your typical curry dishes. Modern variations of traditional Indian cuisine include tandoori lamb chops, duck saag and leek pakora. \$9-\$18. Beer & wine, late night bar menu on weekends. Reservations accepted. Lunch Mon-Fri, dinner Mon-Sat. MCC, DS. ★

HI BOMBAY!, 4752 Fields Ertel Rd., Symmes Twp., (513) 774-9666. Indian cuisine including fresh baked bread, curries, seafood, lamb, chicken and vegetarian dishes, \$7.95-\$15.95. Full bar, daily lunch buffet. Lunch & dinner seven days. MCC, DS.

TANDOOR INDIA RESTAURANT, 8702 Market Place Ln., Montgomery, (513) 793-7484. Attractive setting. Indian cuisine: tandoori chicken, boti kabob, samosas and seafood, \$7-\$15; lunch buffet \$7. Full bar. Reservations accepted. Lunch & dinner Mon-Sat. MCC.

UDDI, 7633 Reading Rd., Roselawn, (513) 821-2021. Vegetarian South Indian cuisine. Dosai, utthappam, pullavs and curries. Lunch buffet \$7. Reservations accepted. Lunch & dinner Wed-Mon. MC, V. ★



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italian

ANTONIO'S RISTORANTE ITALIANO, 7165 Liberty Center Dr., West Chester, (513) 755-7242. Fine dining in award-winning restaurant chain from Tennessee. Made-from-scratch Italian, including nutty chicken Marsala, cooked in open kitchen. \$12-\$24. Reservations suggested. Dinner Mon-Sat. MCC, DS.

BARRESI'S ITALIAN RESTAURANT, 4111 Webster Ave., Deer Park, (513) 793-2540. Features fresh fish, veal, steak, \$18-\$42. Extensive wine list. Full bar. Weekend reservations suggested. Dinner Mon-Sat. MCC, DS.

BELLA LUNA, 4632 Eastern Ave., Linwood, (513) 871-5862. Traditional and updated Italian dishes surrounded by fun and quirky decor, \$13.95-\$24.95. Half-price wine night Wed. Reservations accepted. Dinner Tues-Sun. MCC, DS.

BETTA'S, 1026 Delta Ave., Mt. Lookout, (513) 871-2233. Italian food cooked by owner Elizabetta DeLuca. Meat cannelloni, manicotti, cacciatore, chicken cutlet Milanese, cod Italiano, eggplant specialties, salads and sandwiches, \$9.50-\$14. Wine & beer. Reservations for five or more. Lunch Mon-Fri, dinner Mon-Sat. MCC, V.

BETTA'S ITALIAN OVEN, 3764 Montgomery Rd., Norwood, (513) 631-0VEN [6836]. Will DeLuca branches out from his parents' Beta's Italian Cuisine in Mt. Lookout. Meat cannelloni, manicotti, cacciatore, chicken cutlet Milanese, \$8.50-\$14. Pizzas and calzones in a wood-fired oven. Reservations accepted. Lunch Mon-Fri, dinner Mon-Sat. MCC, V.

BIAGIO'S BISTRO, 308 Ludlow Ave., Clifton, (513) 861-4777. Italian dishes, including soups, salads and homemade pastas, \$7.50-\$17. Full bar. Lunch & dinner Mon-Sat. MCC, V.

BRIO TUSCAN GRILLE, 1 Levee Way, Newport, (859) 431-0900. Tuscan-style Italian food, specialty pastas, steaks & chops. \$11-\$25. Outdoor dining, valet parking. Full bars inside and outside. Reservations accepted. Lunch & dinner seven days, brunch Sat & Sun. MCC, DS.

BUCA DI BEPPO, 2635 Edmondson Rd., Norwood, (513) 396-POPE [7673]. Family-style Italian food including mozzarella Caprese, chicken Marsala and fettuccine Alfredo. Pizzas, pastas, eggplant parmigiana, \$8-\$30. Full bar. Lunch & dinner seven days. MCC, DS.

FERRARI'S LITTLE ITALY, 7677 Goff Ter., Madeira, (513) 272-2220. Family style dining. Regional Italian specialties such as seafood cannelloni, pesto salmon, spaghetti Mediterranean, eggplant parmesan, \$8-\$17. Lunch entrees, \$7-\$10. Children's menu. Outdoor dining. Full bar. Weekend reservations recommended. Lunch Mon-Fri, dinner seven days. MCC, DS, DC.

GERMANO'S RESTAURANT, 9415 Montgomery Rd., Montgomery, (513) 794-1155. Fresh seafood, chicken, veal, pasta, \$15.95-\$36.95. Desserts include tiramisu and fresh raspberry pie. Extensive wine list. Full bar. Reservations suggested. Lunch Tues-Fri, dinner Tues-Sat. MCC, DC. ★

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GUIDO'S ON THE HILL, 1111 St. Gregory St., Mt. Adams, (513) 421-1794. Italian fine dining featuring pasta primavera with Alfredo sauce and Atlantic salmon with garlic gnocchi. \$13-\$23. Pre-theater three-course dinner \$20. 100 different wines. Lunch & dinner seven days. MCC, DS, DC.

JOHNNY CARINO'S, 7691 Voice of American Centre Dr., West Chester, (513) 779-5326. Traditional Italian food including pastas, lasagna, and ravioli. Carryout, catering available. Lunch Mon-Fri, dinner seven days. MCC.

KARLO'S BISTRO ITALIA, 4911 S. Houston Rd., Florence, (859) 282-8282. Spacious dining room, nice bar in back. Offers pastas, pizzas and specialties. \$9-\$16. Desserts, \$4.95. Children's menu. Patio. Full bar. Reservations for parties of 15 or more. Lunch & dinner Mon-Sat. MCC, DS.

LAROSA'S, 2411 Boudinot Ave., Westwood, (513) 347-1111 (Batesville, Indiana, or Dayton area call 877-347-1111). More than 50 area locations. Entire menu available for delivery. Order online at www.larosas.com for pick up or delivery from any pizzeria. Click "Pizzeria Locator" for locations. \$6-\$17. MCC.

MAGGIANO'S LITTLE ITALY, 7875 Montgomery Rd., Kenwood, (513) 794-0670. A menu not limited to pasta with numerous veal, steak and chicken entrees. The homemade gnocchi (ricotta pasta finished with pomodoro cream, vodka and roast garlic) comes highly recommended. Carryout, large banquet area accommodating 20-170 guests, wine list, full bar, piano bar. Reservations recommended. Lunch & dinner seven days, limited menu 10 pm-3 am. MCC, DS, DC.

NICOLA'S RISTORANTE, 1420 Sycamore St., Over-the-Rhine, (513) 721-6200. Northern Italian cuisine in a renovated inline car barn. Diver-caught scallops with cream of cauliflower, frisee & Italian truffles, foie gras with baked pineapple, homemade pasta & breads. Full bar. Reservations suggested. Dinner Mon-Sat. MCC. ★

OLD SPAGHETTI FACTORY, 6320 S. Gilmore Ave., Fairfield, (513) 942-6620. A family favorite featuring a variety of pastas, \$6-\$9. Full bar. Lunch Mon-Fri, dinner seven days. MCC, DS.

POMPILO'S, 600 Washington Ave., Newport, (859) 581-3065. Popular neighborhood restaurant/bar since 1933. Ravioli, lasagna, steaks, seafood and veal. \$8-\$13. Full bar. Patio dining, bocce ball courts. Lunch & dinner seven days. MCC, DS.

PRIMA VISTA, at the Queen's Tower, 810 Matson Pl., Price Hill, (513) 251-6467. Great view of the city. Entrées include veal, fresh fish, seafood, lamb, steaks and pastas, \$14.95-\$32.95. Full bar. Reservations suggested. Dinner seven days. MCC, DC. ★

SCOTTI'S ITALIAN RESTAURANT, 919 Vine St., downtown, (513) 721-9484. Italian home cooking, including 23 veal and beef dishes, 25 pastas, steaks, osso buco, lasagna. Dinners from \$16. Wine. Lunch Tues-Fri, dinner Tues-Sat. MC, V.

TRATTORIA ROMA, 609 Walnut St., downtown, (513) 723-0220. Serves authentic antipasti, pasta, beef, chicken and veal. \$15-\$25. Full bar. Reservations accepted. Lunch Mon-Fri, dinner Mon-Sat. MCC, DS, DC.

at the table

Blog Talk

with Tavern Wench

We tracked down local bartender and blogger Tavern Wench to talk about anonymity, the 10 Minute Martini, and getting hit on hundreds of times a day. — **BRIAN DONALDSON**

Why do we need a bartending blog? I've got this great window on the world from behind the bar, where people open up and tell me about love and loss, dis-appointments and accomplishments. I never know what's going to happen. I also write about drink recipes and people's tipping habits—which, in this industry, is a big deal.

I can see why you stay anonymous... When I meet people at the bar, I don't know their names, I don't know their ex-periences, I don't even know if they are telling me the truth. It just seems the only way to keep it honest.

How do people find out about your blog? I have no idea. I get up to a thousand unique hits a day. It isn't only local. There is a reader from Australia, and people from New York and L.A. comment a lot.

Back to the drinks—can you share your favorite? The 10 Minute Martini, by far. Put a scoop of ice in a pint glass. Place a few drops of vermouth on the ice and pour in the vodka or gin. Then bury the glass in ice for 10 minutes. When it comes out, the outside of the pint glass is completely covered in ice. It looks amazing, and the slow melt of the vermouth and gin makes it incredibly cold and smooth. It's strained into a chilled martini glass. It's the greatest drink of all time.

[FYI tavernwench.blogspot.com/](http://FYI.tavernwench.blogspot.com/)

VITO'S CAFÉ, 654 Highland Ave., Ft. Thomas, (859) 442-9444. Local singers perform arias while delivering steamy dishes of pasta and osso buco. Full bar. Reservations suggested. Dinner Wed-Sun. MCC.

japanese

AOI, 1 Levee Way, Newport, (859) 431-9400. Regulars include eel nigiri, edamame and miso soup. Entrées \$14-\$25. Wine list, limited carryout menu. Reservations recommended. Lunch Tues-Fri, dinner Tues-Sun. MCC, DC.

JO AN JAPANESE RESTAURANT, 3940 Olympic Blvd., Erlanger, (859) 746-2634. Authentic Japanese cuisine: sushi, sashimi, tempuras, yakimomos and other delicacies. Wine & beer, Japanese sake. Lunch \$8-\$15, dinner from \$20. Reservations suggested. Lunch & dinner Tues-Fri, dinner Mon-Sat. MCC, DC. ★

KO-SHO JAPANESE RESTAURANT, 215 E. Ninth St., downtown, (513) 665-4950. Chef Yukio serves Japanese dishes, including sushi, sukiyaki and tempuras. From \$13. Full bar. Reservations suggested. Lunch Mon-Fri, dinner seven days. MCC, DS.

MATSUYA JAPANESE RESTAURANT, 7149 Manderley Dr., Florence, (859) 746-1199. Sushi bar and tatami room, plus a traditional Japanese menu featuring Japanese noodles, sukiyaki, shabushabu, and donburi, \$14-\$34. Japanese beer, sake, and wine. Lunch Mon-Fri, dinner seven days. MCC, DS, DC.

MEI JAPANESE RESTAURANT, 8608 Market Place Ln., Montgomery, (513) 891-6880. Traditional Japanese dishes including full sushi bar. Sashimi, tempuras, chicken katsu and noodle bowls. \$8.50-\$25. Carryout. Reservations accepted. Lunch Mon-Fri, dinner seven days. MCC, DS. ★

MIYOSHI JAPANESE RESTAURANT, 8660 Bankers St., Florence, (859) 525-6564. Impeccably fresh seafood including crisp saltwater eel tempura and an outstanding selection of sushi and sashimi. Lunch & dinner Mon-Sat. MCC, DS. ★

SAKE BOMB, 3672 Erie Ave., Hyde Park, (513) 533-0555. Asian-influenced menu with sushi, rolls, and entrées including chicken teriyaki. Reservations accepted. Dinner seven days, food served until 2 am Tues-Sat and until midnight Sun & Mon. Carryout. MCC, DS.

SOHO JAPANESE BISTRO, 7655 Voice of America Dr., West Chester, (513) 759-6870. Upscale Japanese cuisine from chicken teriyaki to filet mignon, \$12.95-\$48.95. Lunch & dinner seven days. MCC, DS.

SUSHI RAY, 1018 Delta Ave., Mt. Lookout, (513) 533-9218. Features sushi, sashimi, teriyaki, tempuras, \$15-\$25. Full bar. Dinner Mon-Sat. MC, V, DS.

korean

CHUNG KIWHA KOREAN BARBECUE, 7800 Commerce Dr., Florence, (859) 525-9978. Korean specialties such as bulgogi (marinated thin strips of beef), kalbi (beef short ribs), and kimchi. Buffet of meats and seafood for grilling. All-you-can-eat buffet \$27. A few vegetarian choices and salads. Reservations accepted. Dinner seven days. MCC.

MOON GARDEN KOREAN & CHINESE RESTAURANT, 20 Donald Dr., Fairfield, (513)



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829-7393. Korean and Chinese cuisine: Kalbi, bulgogi, kimchi, \$7-\$15. Beer & wine. Lunch & dinner Mon-Sat. MC, V.

RIVERSIDE KOREAN RESTAURANT, 512 Madison Ave., Covington, (859) 291-1484. Authentic Korean food: bulgogi, kimchi, seafood dishes, \$12-\$30. Weekend reservations recommended. Lunch Tues-Fri, dinner Tues-Sun. MCC. ★

mexican/ southwestern

ACAPULCO, 985 Lila Ave., Camp Dennison, (513) 831-4661; 5953 Boymel Dr., Fairfield, (513) 874-5777. Authentic Mexican food in friendly setting. Shrimp, chicken and steak fajitas, sopapillas. \$3-\$15. Children's menu. Lunch & dinner seven days. MCC, DS.

CACTUS PEAR, 3215 Jefferson Ave., Clifton, (513) 961-7400; 9500 Kenwood Rd., Blue Ash, (513) 791-4424. Southwestern cuisine includes red pepper noodles, seven types of fajitas, \$7-\$15. Reservations recommended for parties of 10 or more. MCC.

CANCON MEXICAN RESTAURANT, 11930 Hamilton Ave., Pleasant Run, (513) 851-6310; in Western Bowl, 6383 Glenway Ave., Bridgetown, (513) 574-1639. Flexible, friendly staff offers generous portions. Chichangas, carne asada, chicken flautas, \$6.75-\$16. Children's menu. Full bar. Lunch & dinner seven days. MCC, DS.

CASA TEQUILA, 8111 Cincinnati-Dayton Rd., West Chester, (513) 777-9424. Specializes in chicken with mole sauce, chorizos and pollo con crema, \$3-\$12. Full bar. Lunch Tues-Sat, dinner seven days. MCC.

EL COYOTE, 7404 State Rd., Anderson Twp., (513) 232-5757; 3041 Dixie Hwy., Edgewood, (859) 331-6767. Steaks, chops, seafood and Southwestern entrées, \$7-\$22. Margaritas, hot bar snacks. Dinner seven days. MCC, DC, DS.

FONTOVA'S MEXICAN RESTAURANT, 336 Scott St., Covington, (859) 581-8226. Unique and sophisticated Mexican cuisine, including chicken tamales, burritos, and tacos, \$7-9. Lunch & dinner Mon-Fri. V, MC. ★

HABAÑERO, 358 Ludlow Ave., Clifton, (513) 961-6800. Specializes in Latin American burritos. Try the Mad Max fish burrito or calypso chicken with pineapple almond salsa. \$4-\$7. Children's menu. Acoustic music. Wine & beer. Lunch & dinner seven days. MCC, DS, DC. ★

JAVIER'S MEXICAN RESTAURANT, 100 E. Eighth St., downtown, (513) 381-EATS (3287). Mexican food. Burritos, tacos, tostada salad. \$4-\$6. Lunch Mon-Fri. MC, V.

LA MEXICANA, 642 Monmouth St., Newport, (859) 261-6112. Authentic tacos, burritos and atmosphere in this restaurant/grocery. Lunch & dinner seven days. V, MC.

MIDWAY CAFE, 1017 S. Fr. Thomas Ave., Ft. Thomas, (859) 781-7666. Mexican and American in a historical café built in 1894. Specializing in steaks and quesadillas. Six draft beers, handmade margaritas. Children's menu, catering. Lunch Tues-Fri & dinner seven days. MCC, DS. ★

RICIN MEXICANO, 4450 Eastgate Blvd., Summerville, (513) 943-9923. Authentic Mexican

food: fajitas, enchiladas, burritos and steaks. \$6.50-\$20. Children's menu, full bar. Lunch & dinner seven days. MCC, DS.

on the river

CHART HOUSE, 405 Riverboat Row, Newport, (859) 261-0300. Menu favorites include New England-style clam chowder, prime rib and Australian lobster, \$15.99-\$39.99. Reservations suggested. Dinner seven days. MCC.

DON PABLO'S MEXICAN KITCHEN & CANTINA, Riverboat Row in Newport, Newport, (859) 261-7100. Extensive menu of mesquite-grilled fajitas, hand-rolled enchiladas, steaks, fresh frioles, handmade tortillas. \$5.50-\$16. Full bar, children's menu. Lunch & dinner seven days. MCC.

FOUR SEASONS RESTAURANT, 4609 Kellogg Ave., Columbia-Tusculum, (513) 871-1820. Floating restaurant serves fresh seafood in nautical decor. Barbecued ribs, steaks, chicken. \$13-\$29. Popular seafood buffet Fri & Sat (April-Oct). Full bar. Reservations accepted. Dinner Tues-Sun, Sat & Sun lunch. MCC, DC, DS.

THE LAZY GECKO, 301 Dodd Dr., Dayton, Kentucky, (859) 291-4325. The old Barclay's boat meandered downstream to become this casual dining spot on the river. American menu includes a popular mahi-mahi sandwich, \$9.95-\$17.95. Full bar, live music on weekends, inside outdoor dining, kids menu. Lunch & dinner seven days. MCC, DS.

MIKE FINK, 100 Ben Bernstein Way, Covington, (859) 261-4212. Authentic sternwheeler-turned-restaurant. Steaks, seafood and extensive raw bar. \$15-\$45. Full bar. Reservations suggested. Lunch Mon-Sat, dinner seven days, brunch Sun. MCC.

MONTGOMERY INN AT THE BOATHOUSE, 925 Riverside Dr., downtown, (513) 721-7427. Famous for barbecued choice pork loin-backs, with Montgomery Inn sauce, plus chicken, New York sirloin, pork chops. \$6.95-\$40. Carryout, children's menu. Lunch Mon-Fri, dinner seven days. MCC, DS.

SOUTH BEACH GRILL AT THE WATERFRONT, 14 Pete Rose Pier, Covington, (859) 581-1414. Upscale steakhouse and entertainment complex. Also features an elaborate raw bar and fresh sushi made by master chef. \$17-\$35. Full bar, live music five nights. Dinner Mon-Sat. MCC.

pizza

DEWEY'S PIZZA, 265 Hosea Ave., Clifton, (513) 221-0400; 3014 Madison Rd., Oakley, (513) 731-7755; 1 Levee Way, Suite 3100, Newport, (859) 431-9700; 11138 Montgomery Rd., Symmes Twp., (513) 247-9955. Try the Green Lantern pizza with minced garlic, artichokes, mushrooms, pesto and goat cheese. Also calzones, salads and a selection of wines and microbrews. \$4.65-\$19.45. Reservations after 5 pm for six or more. Lunch & dinner Mon-Sat, dinner Sun MCC. ●

LUCY BLUE PIZZA, 1128 Walnut St., Over-the-Rhine, (513) 241-8350; 3200 Linwood Ave., Mt. Lookout, (513) 321-2540; 611 Main St., Covington, (859) 581-3555. A dozen specialty pizzas by the pie or cheese and pepperoni by the slice. All pizzas \$12, all slices \$2.

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POMODORI'S PIZZERIA & TRATTORIA, 121 W. McMillan St., Clifton Heights, (513) 861-0080; 7880 Remington Rd., Montgomery, (513) 794-0080. Pizzas from wood-fired Italian oven, including deep-dish and Sicilian pizzas, sandwiches, salads, pastas, \$3.50-\$20. Beer & wines by the glass or bottle. Dine in. Lunch & dinner seven days. MCC, DS.

UNO CHICAGO GRILL, 9246 Schulze Dr., West Chester, (513) 942-6646. Chicago-style deep-dish pizza heads up a full menu of steaks, burgers and salads. \$7-\$16. More than 100 beers. Dine in & carryout. Lunch & dinner seven days. MCC.

seafood

BELUGA, 3520 Edwards Rd., Hyde Park, (513) 533-4444. Features a eclectic menu with such entrées as Asian pork tenderloin, rack of lamb, \$15-\$30. Plus a traditional sushi bar. Full bar. Dinner Mon-Sat. MCC.

BONEFISH GRILL, 2737 Madison Rd., Hyde Park, (513) 321-5222; 588 Buttermilk Pk., Crescent Springs, (859) 426-8666; 7710 Voice of America Centre Dr., West Chester, (513) 755-2303. Crab cakes, sesame-crusted seared ahi tuna, grilled rainbow trout, key lime pie. \$13-\$21. Dinner seven days.

JOE'S CRAB SHACK, 25 Fairfield Ave., Bellevue, (859) 581-6333. Shrimp, crab legs and broiled fish in a loud, party atmosphere. \$10-\$25. Lunch Mon-Fri, dinner seven days. MCC, DS.

MCCORMICK & SCHMICK'S SEAFOOD RESTAURANT, in the Westin Hotel, 21 E. Fifth St., downtown, (513) 721-9339. Upscale chain restaurant featuring at least 30 seafood selections daily, including Jake's étouffée, tortilla-crusted mahi mahi with spicy gazpacho, and herb-roasted walleye, \$15.85-\$29.95. Full bar features specialty cocktails, \$1.95 bar appetizers. Lunch & dinner Mon-Fri, dinner Sat & Sun. MCC, DC, DS.

MITCHELL'S FISH MARKET, 1 Levee Way, Newport, (859) 291-7454; 9456 Waterfront Dr., West Chester, (513) 779-5292. Maine lobster bisque, oysters on the half shell, filet Oscar, yellowfin tuna, \$15-\$39. Full bar. Lunch & dinner seven days. MCC, DS, DC.

MT. ADAMS FISH HOUSE, 940 Pavilion St., Mt. Adams, (513) 421-3250. Featuring fresh seafood, a sushi bar and daily specials. Best bets: tuna, plankton salmon and sushi. Full bar. Lunch Mon-Fri, dinner seven days. MCC, DS, DC.

steaks

CARLO & JOHNNY, 9769 Montgomery Rd., Montgomery, (513) 936-8600. Jeff Ruby's celebrity haunt features steaks and a menu with distinctive Italian accents in an elaborate 1930s supper club setting. Pasta, seafood, dry-aged steaks, and sushi bar, \$13-\$38. Live music Mon-Sat, full bar. Dinner Mon-Sat. MCC. ★

THE GRAND CAFE, at the Hilton Greater Cincinnati Airport, 7373 Turfway Rd. at I-75 (exit 182), Florence, (859) 371-9779. Extensive menu of hand-cut steaks, seafood and prime rib. \$13-

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JEFF RUBY'S, 700 Walnut St., downtown, (513) 784-1200. Dry-aged steaks, live Maine lobsters, seafood, rack of lamb, \$20-\$42.95. Valet parking, cigar menu, full bar, nightly entertainment. Reservations recommended. Dinner Mon-Sat. MCC. ★

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thai

AMARIN, 7022 Miami Ave., Madeira, (513) 272-6900. Variety of Thai dishes, sushi bar, \$8.95-\$16.95. Patio open during summer. Full bar. Reservations for four or more. Lunch Mon-Sat, dinner seven days. MC, V. ★

ARLOI DEE, 4920 Socialville Foster Rd., Mason, (513) 229-3997. Serving Thai and sushi, including poh tok, phad prig squid (hot chili squid) and phad prig khang (curry paste & green beans), sushi bar, \$8-\$20. Full bar. Lunch Mon-Fri, dinner seven days. MCC, DS.

ASIANA THAI & SUSHI, 3922 Edwards Rd., Hyde Park, (513) 351-0999. Serves veggie spring rolls, pad Thai, red curry, sushi and pasta. Allows customers to bring their own wine or beer, \$6-\$15. Lunch & dinner Mon-Sat. MCC. ★

BANGKOK BISTRO, 3506 Erie Ave., Hyde Park, (513) 871-0707. Pad Thai, seafood chow chee, beef Massaman curry, plus a sushi bar, \$7-\$17. Patio dining. Full bar. Lunch specials, \$6-\$8. Lunch Mon-Fri, dinner seven days. MC, V.

LEMON GRASS THAI CUISINE, 2666 Madison Rd., Hyde Park, (513) 321-2882. Small spot features chicken curry, pad Thai, satays, seafood basil, vegetarian items, \$8-\$13. Beer & wine. Reservations suggested. Lunch Mon-Fri, dinner seven days. V, MC, DS.

RUTHA'S THAI KITCHEN, 3162 Linwood Ave., Mt. Lookout, (513) 871-7687. Dine in or carryout. Thai favorites like green papaya salad,

pad see ew, plus seafood curry and sushi bar, \$5-\$14. Reservations accepted. Lunch Tues-Fri, dinner Tues-Sun. V, MC, DS.

SIAM ORCHID, 8254 Alexandria Pk., Alexandria, (859) 694-7700. Thai and Chinese menu includes chicken satay, pineapple shrimp curry and pad Thai, \$8-\$14. Reservations accepted. Lunch buffet. Lunch Tues-Fri, Sun. Dinner Tues-Sun. MCC, DS.

TAN THAI, 12 W. Court St., downtown, (513) 381-2100. Authentically prepared Thai cuisine including yakisoba, lemon fish, Thai curries and chili, \$6-\$7. Carryout. Lunch Mon-Fri. V, MC.

TEAK THAI CUISINE & SUSHI BAR, 1049 St. Gregory St., Mt. Adams, (513) 665-9800. Offers soups, fried rice, chicken and beef curries, noodle dishes, \$9-\$18. Sushi bar, patio dining during the summer. Full bar. Reservations for parties of four or more. Lunch Mon-Fri, dinner seven days. MCC, DS, DC. ★

THAI CAFÉ, 316 Ludlow Ave., Clifton, (513) 961-5678. Pad Thai, satays, noodles and curries, plus vegetarian entrées, \$10-\$16. Reservations recommended. Lunch Mon-Fri, dinner Mon-Sat. MC, V.

WILD GINGER, 3655 Edwards Rd., Hyde Park, (513) 533-9500. Features Thai food and some Vietnamese dishes including pho and rice crepes, plus sushi bar. Carryout. Lunch Mon-Fri, dinner Mon-Sat. MCC.

vietnamese

CHOPSTICKS, 7735 Cox Ln., West Chester, (513) 777-0804. Vietnamese restaurant featuring spring rolls, beef noodle soup, and charbroiled pork chops, \$3.50-\$12.95. Beer & wine. Reservations accepted. Lunch & dinner seven days. MC, V, DS.

CILANTRO VIETNAMESE BISTRO, 2516 Clifton Ave., Clifton Heights, (513) 281-1732. Vietnamese meal-sized soups and noodle dishes, large vegetarian menu, perfect for students on the go, \$5.50-\$6.50. Carryout. Lunch seven days, dinner Mon-Sat. V, MC. ★

SONG LONG, 1737 Section Rd., Roselawn, (513) 351-7631. Family owned. Serves Vietnamese and Chinese dishes: shrimp rolls, rice noodles topped with chicken, grilled chicken over bed of vinaigrette vegetables, \$3.50-\$14. Full bar. Reservations for parties of five or more. Lunch & dinner Mon-Sat. MCC. ●

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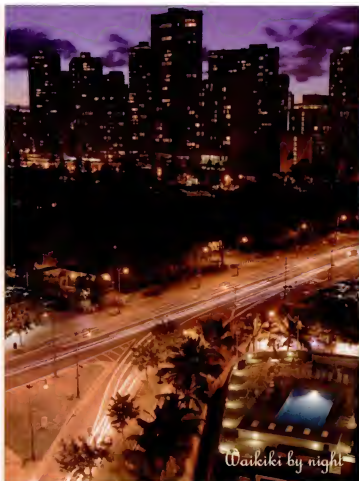
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Each Hawaiian island has its own personality. Learn which one is your perfect match.

by John Heckathorn, *Editor, HAWAII Magazine*

First-time travelers to Hawaii are always tempted to see as many of the six major islands as possible during a visit.

Our advice is to resist that temptation.

It may seem intriguing when you realize that flight time from, say, Honolulu to Maui is less than half an hour. But remember that you have to get to and through an airport, which can be as much trouble as catching a flight across the continent. By the time you and your baggage are in the rental car pulling up at your next destination, you've sacrificed half a day—and probably have lost that wonderful sense of relaxation you came to Hawaii to find.

Rather than hop from island to island, you might be best off choosing one or at the most two. All the islands reward an extended stay. The key is to pick the one that will most suit you. Here's a quick primer:

Oahu

If your goal in visiting Hawaii is to escape civilization, Oahu may not be for you. Much of the island is urban—think sidewalks, traffic and high-rises. On the other hand, if you like to feel in the center of things—well, Honolulu is the center of

things for 2,500 miles in any direction. A surprisingly compact, incredibly diverse city, Honolulu has the museums, theatres, restaurants and shopping. For example, Honolulu's historic Chinatown has been transformed into an arts and culture district where galleries and chic wine bars sit near Chinese markets and Asian herbalists.

Waikiki, which admittedly was getting a bit tatty in the early '90s, has undergone a renaissance. In fact, this year there's \$2 billion worth of construction and refurbishment going on—all of which has resulted in less density, more of a Hawaiian feel, and yet more things to see and do.


Of course, Oahu is more than just urban pleasures. It has 64 beach parks, two mountain ranges (filled with hiking trails), three botanical gardens, an arboretum and a marine preserve where a novice snorkeler can feel like Jacques Cousteau.

Maui

Maui is beautiful certainly, with white sand beaches, rainbows arching over mountain valleys, sweeps of green and stunning volcanic vistas. But Maui has more than beauty; it has an upscale glamour that seems to cast a spell over people. In the chill of a

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Cincinnati winter, just whisper Maui to those who've traveled there and watch them start to dream.

Approached by sea, Maui seems at first like two different islands, the smaller one topped by the West Maui Mountains, the other dominated by Haleakala, a majestic, 10,000-foot high volcano. A narrow strip of land, which holds Maui's towns and airport, joins these two halves.

From there, most visitors either go west to the ritzy resort strip of Kaanapali and the historic whaling town of Lahaina, or they go South to the newer and even ritzier resorts of Wailea. But Maui has much more: the agricultural slopes of Haleakala, the stunning volcanic crater that tops it, and around its back side, the truly tranquil town of Hana.

Privacy seekers can fly directly to Hana, but most people drive—surviving the 56 one-lane bridges and 617 curves of the Hana Highway is a badge of honor and one of the most scenic drives you'll ever experience.

Lanai And Molokai

If you stand on the shores of West Maui, you can see two other smaller islands, Lanai and Molokai. They couldn't be more different.

Lanai, which rises like a rounded seashell out of the ocean, has been essentially a private island since James Dole bought it for \$1.1 million in 1922 and turned it into a pineapple plantation. When pineapple fell prey to foreign competition in the 1990s, Dole's corporate heir, billionaire David Murdock, turned it into a refuge for the affluent. There are now two luxury hotels, both with full resort amenities.

Lanai has 3,000 residents and only 400 hotel rooms. If you are ever going to find a deserted beach or walk alone on a hiking trail in Hawaii, it's likely to be on Lanai.

Molokai, in contrast, has resisted both tourism and progress. It's a place to get away from it all. It doesn't have luxury resorts, though it does have upscale campsites.

People visit Molokai to hunt, fish, dive, hike—or to visit Kalaupapa, the remote peninsula where sufferers from Hansen's disease (leprosy) were once isolated. It's now a National Historic monument. Visitors 16 years and older can visit Kalaupapa by advance arrangement—and by taking a mule ride down a 2,000-foot cliff.

The Big Island

The island of Hawaii shares its name with the whole archipelago. Local residents invariably call it the Big Island—it's larger than the rest of the islands combined.

In terms of the diversity of its landscape, the Big Island seems as capacious as a continent. It has the two highest mountains in the state (and in the world if you measure them from the seafloor, where they began as volcanic hotspots). One is still active, persistently pouring out lava for the last 24 years.

All the islands have wet windward coasts and drier leeward coasts. Nowhere is that contrast greater than the Big Island. Hilo, the principal city on the windward coast, is famous for its rain, as well as its farmers market and its hula festivals.

Most visitors head for the Kona-Kohala coast, where the resorts sparkle like



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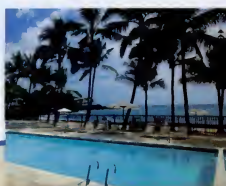


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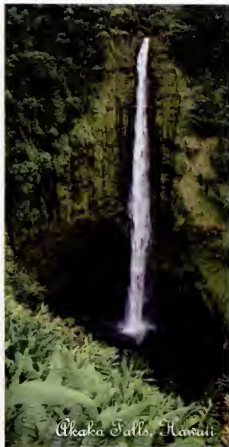
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emeralds—small green gems carved out of the surrounding lava fields.

The Big Island is nature writ large. There's no place else like it in the world.

Kauai

Kauai has always set apart from the rest of the island chain. It's the oldest of the islands, the wettest, greenest, most weathered—and to many, the most beautiful.

Kauai has a nice balance of tourist infrastructure and local residents, who are the first to demand their island remain unspoiled. There are hotels and condos, but the island remains rural. You'll be happiest here if your idea of nightlife is getting some sleep in order to get an early start on the next day's adventure.

And adventures abound, from hiking through spectacular Waimea Canyon to cruising along the inaccessible valleys of the Na Pali coast by kayak or a Zodiac (inflatable boat).

In many ways, the '60s are still alive on Kauai—it's a place that prizes a laid-back, close-to-the-earth lifestyle. If the rest of the islands are regularly taken for paradise, Kauai is, for its many admirers, the Garden of Eden. It's green, lush, beautiful and relaxed. ■

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A Good March Spoiled

*On Opening Day, Cincinnati and baseball become one.
Question is, one what?*

Good afternoon, Reds fans, and welcome to our live coverage of the Findlay Market Opening Day Parade. It's a glorious day for this annual rite of spring and looking north on Race Street I see more floats, bands, civic groups, and vehicles than I can count. But then, I'm a Cincinnati Public School grad, so that's to be expected.

And now, Cincinnati, this parade is underway!

First up, waving to the crowd from the back of a red Corvette convertible, is our parade Grand Marshal, high-powered, high-profile attorney Ken Lawson. Ken was named Grand Marshal in appreciation for successfully representing team mascot Mr. Red in his class action suit against the Cincinnati Police Department for its illegal practice of "giant-baseball-head profiling."

Right behind the lead car, on foot, are all nine Cincinnati City Council members. Notice that despite their public pledge to walk the entire route as a cohesive group, less than one block into it, they're already wandering off in nine different directions.

Next, we have the Cincinnati Country Day School Band. What's unusual about this outstanding group of Indian Hill musicians is that they play while riding custom-built, hands-free Segways. That's right. School administrators and parents decided to switch to the big-ticket scooters when it became easier than listening to the kids' constant complaints that marching is "boring" and "too hard."

And here's our first float of the day! This unusual

entry is sponsored by the Contemporary Arts Center and consists of a papier-mâché stagecoach filled with cream of mushroom soup and dismembered Barbie dolls, all being pulled by seven dogs dressed as Oliver Cromwell. The name of the float is "Go Big Red Machine / Global Genocide." Makes you think.

Now coming into view is a *bi-i-ig* new addition to the parade, the five-story tall Ken Griffey Jr. balloon, which is really just an underinflated six-story Barry Bonds balloon borrowed from the San Francisco Giants. Still, we're glad to have it.

In Junior's wake walk the Logan's Pharmacy Eagles, a pee-wee baseball team from Green Township. This beaming group of fourth graders is thrilled to be taking part in this event and they've dedicated their appearance to their shortstop's father, Mike Flecker, who couldn't join them today because he's serving time for beating an umpire to death over a bad call last season.

Hold on. Who's that smiling and waving to the crowd from behind the wheel of that dazzling new Escalade? Why, it looks like Cincinnati Bengals wide receiver Chris Henry. Oh, wait, I'm being told now that Chris is just drunk again and that he inadvertently strayed onto the parade route. Well, maybe so, but he still looks good out there!

Right now, though, let's take a break. But don't go away. Still to come: The Irate & Drunk Fan Drill Team with their show-stopping routine of synchronized obscene gestures....



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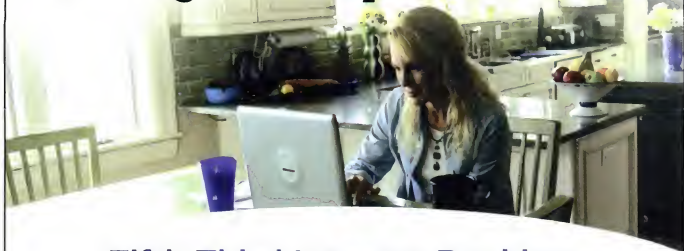
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